



Healthy Happenings

June 2020
Volume 1 | Issue 5

INSIDE THIS ISSUE

- Virtual Wellness Program Options
- Do The Five Challenge
- New Seasonal Fitness Challenge
- Tuition Discount Updates

Points Check: How many Healthy Lifestyle Activity Points do you currently have?

Learn more on the [Discount #2](#) webpage

VIRTUAL WELLNESS PROGRAM OPTIONS

The Employee Wellness team is adapting to the current situation by providing virtual wellness program options in place of some of the regular onsite offerings for now. Check out the program webpages below to learn more about each program. Points and drawings are available for most programs!

- [Fitness Classes](#) – free weekly home workout videos from the Wellness Council of Arizona or live Facebook workouts from Active&Fit Direct.
- [Health Tracks Health Coaching](#) – telephonic coaching sessions with your favorite Health Coach. Earn 60 points by completing a four session track.
- [Wellness Workshops](#) – live and recorded webinar options. Earn 10 points each.
- [Weight Watcher at Work](#) – webinar meetings. Earn 50 points by attending 10 meetings.
- [SmartDollar](#) – financial wellness program available to all benefits eligible employees. Earn 50 points each season.

Visit the [Employee Wellness](#) webpage for more information and a list of all programs available.

STAY SAFE - DO THE FIVE

You may already be aware of the Do The Five campaign from the World Health Organization (WHO) to help limit the spread of the coronavirus.

In our version of Do The Five, you will focus on five wellness strategies to keep you healthy, connected, and informed. We understand that most of you are living outside of your comfort zone and we would like to provide some healthy options you can do during quarantine/social distancing to help your life feel a little more normal again. Activities will include working from home with tips for physical activity, nutrition, self-care and stress management.

Complete the Do The Five Wellness Calendar by completing a different wellness activity each day for 19 days. We encourage you to repeat one or more activities everyday throughout the campaign.

1. **HANDS – wash them often**
2. **ELBOW – cough into it**
3. **FACE – don't touch it**
4. **FEET – Stay more than 6 ft. apart**
5. **FEEL SICK – stay home**

Details for each activity can be located within this [packet](#). It is recommended that you print out the Wellness Calendar and fill in the activities each day before submitting electronically.

Submit the [Do the Five Wellness Calendar](#) and earn 10 Healthy Lifestyle Activity Points.

Visit the [Seasonal Fitness Challenge](#) webpage for full program details to get started today!



NEW SEASONAL FITNESS CHALLENGE

We made some changes to how you'll submit your seasonal results. You will submit your results using an online form instead of the fillable .pdf form.

Track your minutes of exercise using whichever method you prefer such as a body wearable device (example: Fitbit, Apple Watch), or a paper log, then at the end of the season complete the Online Seasonal Fitness Challenge Minutes and Exercises Form.



TUITION DISCOUNT INFORMATION AND UPDATES

Questions? Please contact Pima County Employee Benefits at: hrbenefits@pima.gov or visit the [Tuition Discount Webpage](#) for additional information.



ARIZONA ONLINE (UNIVERSITY OF ARIZONA)

In our effort to be as responsive and helpful as possible to our partners in the wake of the coronavirus, **University of Arizona Online is extremely excited to offer the corporate education partnership benefits to Pima County employee spouses, domestic partners, and dependents.**

Pima County employees and their dependents now have the **amAZing** opportunity to get their degree from top-ranked University of Arizona and to receive the additional employee benefits including:

- 10% tuition reduction on online undergraduate and graduate programs
- Dedicated enrollment support
- Waived application fee
- Yearly onsite events
- Six start dates a year

Visit online.arizona.edu/pima-county to get started!



GRAND CANYON UNIVERSITY

Take advantage of our existing Partnership discount providing all Pima County employees with a 10% tuition scholarship toward the Bachelor, Masters, and Doctorate degree program of your choice.

Visit gcu.edu/c/barry.julian to get started!



NORTHERN ARIZONA UNIVERSITY

Northern Arizona University offers benefit-eligible team members a 10% savings on its graduate programs, including certificates, masters and doctorate degrees.

NAU also has affordable undergraduate degree options, including programs that accept up to 90 transfer credits. Scholarships are available for transfer students who qualify. Degrees are offered in Tucson and online – choose the learning format that fits you best. Most classes are available in 8-week sessions so you can accelerate your completion.

Options include:

- Master of Organizational Leadership with an emphasis in leadership, criminal justice administration or project management
- Master of Public Administration
- Master of Computer Information Technology
- Master of English – Professional Writing
- Certificate – Community Planning
- Certificate – Public Management
- See the link below for more options.

Contact NAU about the Master of Organizational Leadership cohort offered in Tucson this fall!

northvalley@nau.edu or (602) 728-9510

You can learn more about this opportunity by visiting this website

nau.edu/educational-partnerships/pima-county/