



## Healthy Happenings

January 2020

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### NO WEIGHT GAIN CONTEST WEIGH OUTS

Did you participate in the No Weight Gain contest this holiday season? Don't forget to weigh out and submit your [Certificate of Completion](#). Weigh-outs must occur between the dates of January 6 – 10, 2020, either at an onsite weigh-out event or at home. We recommend that you weigh out on the same scale that you weighed in on.

Earn up to **30 Healthy Lifestyle Activity Points** and a chance to win **one of 20 \$100 Corporate Rewards gift cards**. All gift cards are subject to taxation.

Visit the [No Weight Gain](#) webpage for all contest information.

**No Weight Gain  
Contest Weigh Outs  
January 6 - 10**



## THE ACTIVE&FIT DIRECT™ \$25 ENROLLMENT FEE WAIVED FOR THE NEW YEAR

Give your fitness routine an extra lift in 2020. The Active&Fit Direct™ program is America's fastest growing fitness program of its kind! Choose from 10,000+ fitness centers, with the flexibility to change anytime. Plus, access 800+ on-demand workout videos at home or on the go! All for just \$25 per month (plus applicable taxes) and no long-term contract! Waived enrollment fee only available December and January.

### HOW TO ENROLL

Participants may enroll in the Active&Fit Direct program by accessing a custom link found on the [Pima County HR Intranet](#) webpage (must be logged into a Pima County computer), or in the Employee Self Service Portal (ADP) under Benefits News. The link will take the participant to the Active&Fit Direct website to enroll and obtain an ID card to present at a contracted fitness center.

### MORE INFORMATION

Participants must be 18 years of age, be located in the United States, and have a valid email address. Participants must pay by credit card and are charged in advance on a monthly basis using a recurring payment subscription. Participants commit to three consecutive months of membership. If a participant chooses to cancel after three months of membership, they must provide a 30-day notice of cancellation. All payments are subject to tax, if applicable, based on the participant's location. For more information visit the [Active&Fit Direct FAQ](#) website.

Learn more at [www.pima.gov/bewell](http://www.pima.gov/bewell).

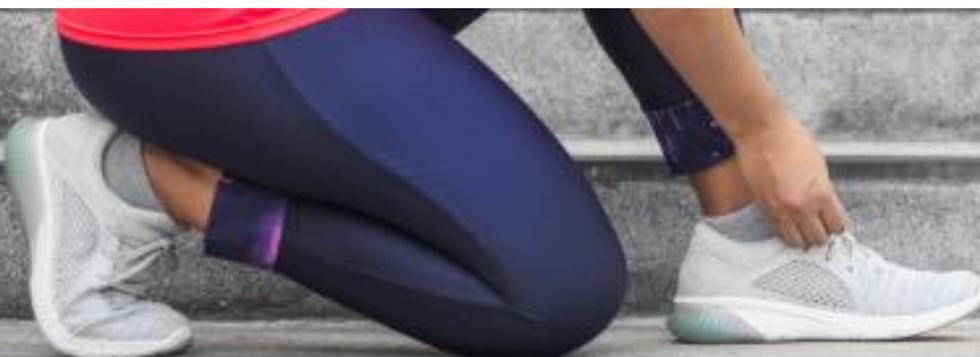
*The Active&Fit Direct program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). Active&Fit Direct and the Active&Fit Direct logo are trademarks*



**\$25**  
**Enrollment Fee**  
**Waived for the**  
**New Year**

**Use promo code**  
**NEWYOU2020 at**  
**checkout.**

*Offer valid 12/1/19 – 1/31/20*



## INTRODUCING THE NEW WEIGHT WATCHERS® REIMAGINED PROGRAM

When it comes to losing weight, everyone's needs are different. That's why, for the first time ever, Weight Watchers is offering multiple ways to experience the journey with three different plans: Green, Blue, and Purple. Weight Watchers at Work is a proven program to help you navigate your weight loss journey and achieve your goals. When you join Weight Watchers, you'll be matched with a plan that best fits your lifestyle. Current members can choose which plan to continue based on their preferences.

### GET STARTED TODAY!

The next set of onsite series is scheduled to start at **Legal Services Building, 32 N. Stone Ave., 1<sup>st</sup> Floor Conference Room:**

- Pre-Registration Meeting, Tuesday, January 7, 2020 12:00 p.m. to 1:00 p.m.
- Tuesdays, starting January 14, 2020 – March 31, 2020, from 12:00 p.m. to 1:00 p.m. (pending 15 enrolled participants)

The fee for each 12-week series is \$156 and is payable to the facilitator in cash, credit or check. Earn 50 [Healthy Lifestyle Activity Points](#) and receive either an \$80 Weight Watchers at Work gift certificate to use towards a future series or a \$75 Corporate Rewards gift card when you attend 10 out of 12 consecutive meetings.

Employees are only eligible to receive points and gift certificates/gift cards up to two times per reporting year (March 1 – February 28). All gift certificates and gift cards are subject to taxation. Visit the [Weight Watchers at Work](#) webpage for more information.

## PLAY FITGO BINGO TO EARN POINTS AND PRIZES

Need a way to earn some last-minute Healthy Lifestyle Activity Points? Why not join in on the fun and play Fitgo Bingo starting January 13, 2020! This 5-week challenge is played just like regular bingo, but with a twist! Complete a variety of health and wellness activities from each of the category rows to fill your Fitgo Bingo card squares.

Not only will you earn 20 [Healthy Lifestyle Activity Points](#) for completing at least one line, you will also earn entries into prize drawings. Each completed line (across or down) gives you one entry into the prize drawing of one of 20 \$100 Corporate Rewards gift cards (max of 10 entries). Plus, complete bonus activities to earn entries into the bonus prize drawing for one of five Fitbit Versa 2 (\$200 value). All gift cards at any value and prizes valued more than \$20 are subject to taxation.

To play, register by January 13, 2020. Complete the activities on your Fitgo Bingo card and submit to Employee Wellness by February 14, 2020. For more information, please visit the [Fitgo Bingo](#) webpage.





## DEADLINE FOR HEALTHY LIFESTYLE ACTIVITY POINTS IS FAST APPROACHING

It's the season for making New Year's resolutions, so why not decide to make healthier choices this year? Participating in Employee Wellness programs, activities and events not only helps you to make healthier choices, it also earns you points towards your [Healthy Lifestyle Premium Discounts](#)! You could earn up to a \$15 per-pay-period discount off of your 2020/21 medical premiums. The reporting period ends February 28, 2020.

Although the deadline is just around the corner, don't fret we have a variety of programs, activities and events available that you can complete just in the nick of time. Visit the [Discount #2 Healthy Lifestyle Activity Points](#) webpage to find a menu of options and their points. And it's never too early to start earning points for the next fiscal year. Any programs completed starting March 1, 2020 will earn points towards the 2021/2022 discounts.

### NOT SURE WHAT YOUR STATUS IS ON YOUR POINTS?

Follow these [instructions](#) to view your progress towards 2020/21 Discount #2 on MyADP.

### NEED TIME TO PARTICIPATE?

[Administrative Procedure 23-30](#) allows employees eight hours per fiscal year of BeWell time to attend any Employee Benefits or Wellness hosted event, such as screenings, wellness workshops, health coaching, health fairs, challenge weigh-ins, Benefits presentations, Annual Enrollment fairs and more. Using this time is at the discretion of the Appointing Authority or Supervisor. You can track the BeWell time used in eTime. Please view the [BeWell Time in eTime Instructions](#) for both supervisors and employees.



**Don't forget to check your point status for 2020/21 Discount #2 in MyADP under Benefits Summary**