



## Healthy Happenings

January 2020

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### NATIONAL WEAR RED DAY COMING SOON

Be relentless in support of woman's health by pledging to wear red on **Friday, February 7, 2020**, and educate yourself on the risks, warning signs and prevention of heart disease and stroke.

Visit the [Wear Red Day](#) webpage to download the [Wear Red Day Certificate](#) and review the materials. Submit by Friday, February 14, 2020, to qualify for **5 Healthy Lifestyle Activity Points** and be entered into a drawing for more **one of ten \$50 Corporate Rewards gift cards**.\*

*\*All gift cards are subject to taxation.*

**Wear Red  
February 7, 2020**

### National Wear Red Day®

Cardiovascular disease is the **No. 1 killer** of women.

Watch me change this.  
Watch me change history.  
Watch Me **Go Red.**

**FRIDAY, FEBRUARY 7**

**WEAR RED** for awareness.

**SHARE** #WearRedDay on social media.

Employee Benefits & Wellness

150 W. Congress, 4<sup>th</sup> Floor, Tucson, AZ, 85701

[www.pima.gov/bewell](http://www.pima.gov/bewell) | 520.724.8464 | [hrbenefits@pima.gov](mailto:hrbenefits@pima.gov) | [wellness@pima.gov](mailto:wellness@pima.gov)

## OVIA® FERTILITY, MATERNITY AND PARENTING APPS AVAILABLE THROUGH AETNA

### OVIA IS WITH YOU ON YOUR JOURNEY.

Whether you're a new parent, pregnant or thinking about starting a family, you've got the right support.

As part of your plan, you get access to three Ovia apps for each stage of the maternity journey: fertility, pregnancy and parenting. You'll find an array of offerings including articles, daily tips, symptom trackers, one-on-one coaching, health alerts, on-demand programs, opportunities for community engagement and much more.

Already have the app? You can still add your health plan to get bonus features because signing up through Aetna provides additional premium features such as ad elimination.

### DOWNLOAD THE RIGHT OVIA APP FOR YOU

1. Download the Ovia app on your device through the App Store or get it on the Google Play™ store.
2. Fill out a short profile, then select I have "Ovia Health as a benefit."
3. Enter your employer and health plan information and get started

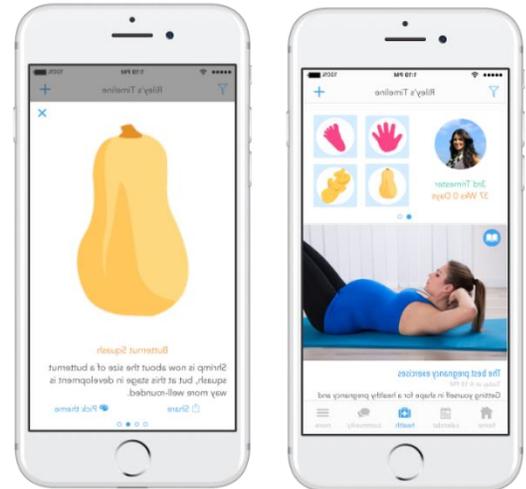
### MORE MATERNITY SUPPORT IS AVAILABLE

Aetna's Maternity program provides you with a nurse case manager to guide you through your pregnancy and provide additional support. While our Maternity Program covers all pregnancies, it is specifically designed to provide additional support for high risk pregnancies. Employees can earn 50 Healthy Lifestyle points for enrolling!

There is even more to explore on Aetna's Maternity support center, such as: post-pregnancy resources, baby-care tips, insurance information and more.

To visit, just log in to your member website at [www.aetna.com](http://www.aetna.com).

For more information about Ovia or Aetna's Maternity Program or Support Center, contact your onsite Aetna Clinical Health Advocate, Karen Peters at (520) 724-3672 or email [PetersK1@aetna.com](mailto:PetersK1@aetna.com).



## Personalized Support with the Pregnancy App

- Regular updates on your progress and baby's growth
- Explore articles, pregnancy facts and health tips
- Check food and medication with our safety lookups
- Connect with an anonymous community of moms-to-be

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## Aetna Healthy Lifestyle Coaching Tobacco Free Program

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### BE TOBACCO FREE IN 2020!

Something about leaving an old year behind and looking ahead at the clean slate of a new one inspires most of us to try. If you're planning to start the new year without a cigarette or tobacco product in your hand, set yourself up for success by learning what it takes to quit.

Take advantage of the resources and support available. If you are covered under the Pima County medical plan and want to quit tobacco, here's how we can support you.

Call **1-866-213-0153** if you are interested in a free personal tobacco cessation coaching program.

#### THIS PROGRAM WILL:

- Assign you your very own coach
- Offer 20-minute weekly individual coaching sessions for up to one year, or six 30-minute group coaching sessions within a 12-week period
- Work on successful quitting strategies
- Recognize and manage your triggers for tobacco use
- Address personal concerns, like maintaining weight and managing stress
- Remain completely private — personal information stays between you and your coach
- Optional 8-week supply of over-the-counter nicotine replacement therapy products (gum, lozenges, patch) mailed directly to your home

If you currently use tobacco products and become tobacco free for at least three months, you may be eligible to receive a [\\$20 Healthy Lifestyle Premium Discount](#) per pay period. Contact Employee Wellness to learn more.

Additional resources can be found on the [Tobacco Cessation Support](#) webpage.

