INSIDE THIS ISSUE

- Mobile Mammography & Bone Density Screenings
- Downtown Fitness Classes

MOBILE MAMMOGRAPHY AND BONE DENSITY SCREENINGS

Early detection saves lives! Assured Imaging will be onsite at various Pima County and City of Tucson locations the week of February 10, 2020 to provide potentially lifesaving mammography screenings. Bone density (DEXA) screenings also available to qualifying women.

Assured Imaging's specialty mobile digital mammography and bone density screening services use state of the art vehicles designed with patient comfort, safety and convenience in mind. They are focused on providing the highest quality service with their professional and experienced staff.

Schedule your appointment today at www.assuredimaging.com/pima or call 888-233-6121.

EARLY DETECTION SAVES LIVES.
it's that simple.

EARN 50 HEALTHY LIFESTYLE ACTIVITY POINTS

Continued on next page...
MOBILE MAMMOGRAPHY AND BONE DENSITY SCREENINGS

A WOMAN IS ELIGIBLE FOR A DIGITAL MAMMOGRAM SCREENING IF SHE:

- Is at least 40 years of age
- Has not had a previous mammogram in the past year
- Has no current breast problems or complaints
- Patients under 40 must provide a physician’s referral

A WOMAN IS ELIGIBLE FOR A BONE DENSITY (DEXA) SCREENING IF SHE:

- Is at least 65 years of age
- Has not had previous DEXA scan in the past two (2) years

If younger than listed age, certain qualifications may be eligible for a 100% covered exam. Please contact Aetna Member Services to verify eligibility. You will be responsible for any charges that are not covered under your insurance plan.

Open to all qualifying Pima County employees, spouses/domestic partners on the County’s medical insurance. Visit the Mobile Mammography and Bone Density Screenings webpage for more information.

Per Administrative Procedure 23-30, employees are encouraged to attend Employee Benefits and Wellness programs, events and activities. Employees may be allowed to flex their time, where needed, and/or, at the discretion of the Appointing Authority, may be allowed a maximum of eight (8) BeWell hours of paid work time per fiscal year to attend these activities.

Schedule

- Mon. Feb. 10 | 7am – 5pm
  Tucson City Hall
  300 W. Pennington St. (Loading zone #14 between City Hall and Admin West on North Side)

- Tues. Feb. 11 | 7am – 11am
  Parks & Rec Admin Building
  900 S. Randolph Way

- Tues. Feb. 11 | 1pm – 3pm
  Housing & Community Dev.
  310 N. Commerce Park Loop

- Wed. Feb. 12 | 7am – 5pm
  Abrams Building
  3950 S. Country Club Rd.

- Thurs. Feb. 13 | 7am – 5pm
  Tucson City Hall
  300 W. Pennington St. (Loading zone #14 between City Hall and Admin West on North Side)

- Fri. Feb. 14 | 7am – 5pm
  Tucson City Hall
  300 W. Pennington St. (Loading zone #14 between City Hall and Admin West on North Side)

Schedule your appointment today!

assuredimaging.com/pima

888-233-6121
Healthy Happenings

FITNESS CLASSES FOR EVERY BODY

Whether you’re new to exercising or just want to incorporate something different into your workout routine, check out one of the group fitness classes offered for free to Pima County employees. Classes include, but are not limited to, Cardio Strength Training, Stretch & Core, Resistance Band Training, H.I.I.T. and Yoga. All levels are welcome to attend. Most classes are 40-60 minutes.

Currently, classes are held downtown at the Legal Services Building, Main Library and Public Works Building. View the downtown February Schedule of classes [here](#). Yoga classes are also held at the Abrams Building.

Find out more on the [Fitness Classes](#) webpage. Check back each month for an updated schedule.

NO FITNESS CLASSES NEAR YOU?
If you have at least 8 employees interested in committing to attend a new class and an appropriate space to hold a class, please contact Employee Wellness at [wellness@pima.gov](mailto:wellness@pima.gov) or 724-2792.

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Exciting Changes This Month

- **New Stretch & Core Class Mondays @ PWB 12:10pm**
- **New Instructor for Yoga Fridays @ PWB 12:10pm**
- **Change to Hatha Style Yoga both Mondays & Wednesday @ Main Library 12:10pm**