



Healthy Happenings

August 2020
Volume 2 | Issue 3

INSIDE THIS ISSUE

- Teladoc
- #TimeForCare Campaign
- Onsite Mammography Screenings
- Active&Fit™ Direct Program
- Emergency Fund

**Register for Teladoc at
[Teladoc.com/Aetna](https://teladoc.com/Aetna)
(855) TELADOC
(855) 832-2362**



NOT USING YOUR TELADOC MEMBERSHIP?

Here's 5 Reasons Why You Should

Did you know that your Teladoc® membership provides 24/7 access to a **doctor by phone or video**? In fact, Teladoc has connected its members with experienced doctors across the U.S. more than 2 million times while maintaining a 92% member satisfaction. It's an affordable option at \$40 per visit.

Reason 1:

Teladoc provides 24/7 access to convenient, confidential and affordable healthcare. You can speak with a licensed doctor about non-emergency health issues anywhere you are - at home, at work, or on vacation whenever you need care.

Reason 2:

Teladoc doctors can diagnose and treat cold and flu symptoms, allergies, upper respiratory infections, skin problems and more.

Reason 3:

Teladoc doctors can send a prescription to your local pharmacy, when medically necessary.

Reason 4:

Your dependents are eligible for Teladoc, including adult children up to age 26.

Reason 5:

You can connect with an experienced doctor by phone, web, or mobile app. It's quick and easy to register your Teladoc account.



Getting the right care for you — even during a pandemic

#TIMEFORCARE

With so much focus on COVID-19 over the last few months, you may have put off important doctor visits or other medical care. In fact, according to a recent survey conducted by Morning Consult and Aetna, a CVS Health company, nearly 60% of Americans said they have delayed, canceled or missed a health care appointment due to concerns about exposure to COVID-19.

Your care needs to continue — especially if you’re facing a chronic condition, emotional issue or are pregnant — because it’s always important to take time for you.

To encourage everyone to continue to prioritize their health, Aetna is launching **Time For Care**, a new campaign that aims to:

- Educate individuals about the importance of preventive and primary care needs
- Reduce fears that prevent people from seeing their health care providers
- Equip members and health care providers with key tools and resources

Visit Aetna’s [#TimeForCare campaign](#) website for more information.

August 2020 Mobile Mammography Screenings Schedule

MON. AUG. 24 | 7AM – 5PM | TUCSON CITY HALL

300 W. Pennington St. (Loading zone #14 between City Hall and Admin West on North Side)

TUES. AUG. 25 | 7AM – 11AM | CITY OF TUCSON PARKS & REC ADMIN BUILDING

900 S. Randolph Way

TUES. AUG. 25 | 1PM – 3PM | **NEW** MURPHY WILMOT LIBRARY

530 N. Wilmot Rd.

WED. AUG. 26 | 7AM – 5PM | ABRAMS BUILDING

3950 S. Country Club Rd.

THUR. AUG. 27 | 7AM – 5PM | TUCSON CITY HALL

300 W. Pennington St. (Loading zone #14 between City Hall and Admin West on North Side)

FRI. AUG. 28 | 7AM – 5PM | TUCSON CITY HALL

300 W. Pennington St. (Loading zone #14 between City Hall and Admin West on North Side)

Space is limited. Schedule Your Appointment Today!

www.assuredimaging.com/AZ/

888-233-6121

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.

Earn 50 Healthy Lifestyle Activity Points



home or gym?



we'll keep
you active
either way.

ENROLLMENT FEE WAIVED THROUGH SEPTEMBER 30, 2020

WITH THE ACTIVE&FIT DIRECT™ PROGRAM, YOU'LL HAVE ACCESS TO:

- 11,000+ fitness centers, with the ability to change anytime
- 1,500+ digital workout videos so you can work out at home or on-the-go
- Activity tracking with 250+ wearable trackers and apps
- Unlimited one-on-one lifestyle coaching sessions in areas such as fitness, nutrition, stress, and sleep
- No long-term contract

All for just \$25 a month. Enroll in the Active&Fit Direct program by accessing a custom link on the [Pima County Human Resources Intranet Wellness page](#) (must be on a County computer) which will link over to the Active&Fit Direct website to enroll and obtain an ID card to present at selected fitness center.

Use promo code **ACTNOW25** at checkout!

NEW! TWO WAYS TO TRY FITNESS FOR FREE.

1. Daily (M – F) workout classes on Facebook Live and YouTube, where anyone can participate in a variety of workouts designed for all levels!
2. 200 free digital workout videos available to all eligible members, even *before* you enroll.

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. If a participant chooses to cancel, they must provide a 30-day notice of cancellation. All payments are subject to tax, if applicable, based on the participant's location.

Plus applicable taxes and enrollment fee. Enrollment fee waived through 9/30/2020.

The Active&Fit Direct program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health (ASH). Active&Fit Direct and the Active&Fit Direct logo are trademarks of ASH and used with permission herein. Other names or logos may be trademarks of their respective owners. Fitness center participation varies by location.

3 QUESTIONS TO ASK BEFORE USING YOUR EMERGENCY FUND

In a world of uncertainties (especially 2020), living with the security of an emergency fund is priceless. Whether you're sitting on the \$1,000 of your starter emergency fund or your fully funded emergency fund of 3 to 6 months, you'll have peace of mind knowing you've got money saved for a rainy day.

Why? Because it's going to rain. **But you're ready.**

Still, you might wonder when a life event is a real call to dip into your emergency fund. There's zero shame in using your emergency fund if you really need to. That's what it's there for.

But before you declare everything an emergency, [check out this article from SmartDollar on the 3 questions you need to ask before you use your emergency fund.](#)

Remember—SmartDollar is our financial wellness benefit available to all benefits eligible Pima County employees at no cost to you. [Create your free account today](#) and take advantage of all the tools available that will help you with everything from saving that first \$1,000, to paying off all your debt, to living a dream retirement.

Find out more on the [SmartDollar Financial Wellness Program](#) webpage.

Enroll in SmartDollar at
www.smartdollar.com/enroll/pima8820

Earn 50 points by Completing 1000 SmartDollar points each season!

