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STRETCH DON’T STRAIN CHALLENGE

The Stretch Don't Strain 5-week challenge starts September 21, 2020 and is open to all Pima County employees. This challenge encourages employees to participate in a daily stretch routine at work.

Participating in a daily stretch routine has many benefits including:

- Reduce your risk of injury.
- Increase your flexibility.
- Reduce joint & muscle pain.
- Improve your performance.
- Great for stress relief.

How does it work?

- View a recorded webinar training to learn three different stretch routines.
- Receive materials to guide you through the routines.
- Complete and track daily stretches on the Stretch Don't Strain Participant Tracker and submit by October 30, 2020 to qualify for up to 15 Healthy Lifestyle Activity Points and prize drawings for Corporate Rewards gift cards up to $100*.

Visit the Stretch Don't Strain webpage to get started.

*Gift cards are subject to taxation.
NAVIGATING THE EMOTIONAL IMPACTS OF COVID-19

The COVID-19 Pandemic has provoked unprecedented psychological impacts that can create a profound emotional toll on anyone. Common reactions include depression, anxiety, and increased stress. These are normal reactions but may be difficult to cope with. Learn about the signs and symptoms of these mental health challenges and understand how we may respond and cope with them.

- Depression and anxiety signs and symptoms
- Validating emotions brought on by the pandemic
- When to seek help
- Coping skills
- County and local resources

Join the Pima County Health Department Community Mental Health & Addiction Team for a webinar on **Thursday, September 24, 2020 at 12:00pm** to learn how to navigate the emotional impacts of COVID-19. Register at surveymonkey.com/r/CMHAwebinar09242020.

Questions? Contact CMHA@pima.gov or Wellness@pima.gov

Get the **FLU SHOT** not the flu!

**Available by Appointment Only Schedule Today at pimacountyflushots.as.me**

El Rio Health will be providing free on-site flu shots for all Pima County employees, spouses, domestic partners and any dependents 6+ months or older covered on the Pima County medical plan. For participants not covered under the County’s medical plan, El Rio Health will accept most major insurance carriers. Please bring your medical insurance card. It is the participant’s responsibility for any charges that are not covered under your insurance plan.

The flu shot type will be a preservative-free version. An egg free version will be available those who have a chicken or egg allergy upon request.

Flu shots are available by appointment only. **Pima County locations are only open to County employees. El Rio Health locations are open to both employees and dependents (6+ months).** See the schedule [here](#).

To prepare for your flu shot, we recommend that you:

- Wear short sleeves
- Wear a mask
- Bring your medical insurance card
- Complete and bring the [Flu Shot Consent Form](#) with you to your appointment
- Review the [El Rio Health COVID-19 Preventive Measures, Policies and Procedures](#)
- Plan for additional time to get your temperature taken when you enter the building.
- Come to your appointment on time and practice social distancing.
TUITION DISCOUNT UPDATES

ARIZONA ONLINE (UNIVERSITY OF ARIZONA)

The University of Arizona Online offers degrees that connect you directly to Arizona’s flagship university, 100% online. Our next 7.5-week session begins October 15th!

Pima County employees and their families have the amAZing opportunity to get their degree from top-ranked University of Arizona as part of the Pima County & Arizona Online Partnership! Learn more about your exclusive 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.

ARIZONA STATE UNIVERSITY (ASU)

Announcing the ASU Public Employee Scholarship

Arizona State University is advancing education and expanding career possibilities for public employees in Arizona with the Arizona Public Scholarship.

ASU is proud to offer a scholarship opportunity to public employees interested in pursuing a degree and upskilling for the careers they have now and the goals they’re working toward.

This 10% scholarship will apply to any of ASU’s world-class degree programs on any ASU campus, including online undergraduate and graduate degree programs.

The application is simple, and employees can submit the required form anytime during the semester before the last day of classes to receive the award.

Visit students.asu.edu/arizona-public-employee-scholarship to learn more. Contact the Admission Services team at: ASU4AZemployees@asu.edu or call 480-965-7788.
TUITION DISCOUNT UPDATES CONTINUED

GRAND CANYON UNIVERSITY

Did you know that you may be able to shorten the time it takes to complete your Master of Business Administration (MBA) degree by six months?

Those who completed their undergraduate degree in business may be eligible to waive up to three courses in Grand Canyon University’s MBA Program.

Approved by the Accreditation Council for Business Schools and Programs, GCU’s MBA program allows future business leaders and executives to focus on leadership development, operations management and organizational growth. For more information on GCU’s MBA program and this exciting opportunity, contact me today!

Or if you have been considering furthering your education online, now’s the time! Pima County employees may take advantage of a 10% tuition scholarship to the program of your choice. GCU offers Bachelor, Masters and Doctorate degrees. For more information, visit: http://gcu.edu/uc/barry.julian.

NORTHERN ARIZONA UNIVERSITY

Northern Arizona University offers a 10% savings to Pima County employees for their graduate programs, including certificates, masters and doctorate degrees.

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 additional options

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. To learn more about this opportunity, visit: https://nau.edu/educational-partnerships/pima-county/.

For additional information contact Pima County Employee Benefits at: hrbenefits@pima.gov or visit the Tuition Discount webpage.