



Healthy Happenings

October 2020

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Virtual Health & Wellness Fair October 27, 2020

VIRTUAL HEALTH & WELLNESS FAIR

Due to the pandemic, we're trying something a little different this year. Join Pima County Employee Benefits & Wellness at the first ever virtual Health & Wellness Fair on Tuesday, October 27, 2020.

[Register here](#) to receive your ticket to attend the event virtually. You'll receive an email the day before the event with details on how to log in and join. On the day of the event, join any time between 9:00am – 3:00pm to visit the vendors' virtual booths. Chat live with the vendors and receive helpful information about their products and services.

Be entered into a raffle to win prizes and earn 5 Healthy Lifestyle Activity Points for attending*!

Visit the [Health & Wellness Fair](#) webpage for more information.

BeWell Hour Eligible Event: 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.

*Gift cards are subject to taxation.



WELLNESS PROGRAM OFFERING UPDATES

HEALTH TRACKS HEALTH COACHING

Health Coaching now has a virtual meeting option so that you can see your Health Coach “face to face.” In addition, new evening hours are available with Coach Kelly every 1st Tuesday 6:00pm – 8:00pm. Visit the [Health Tracks Health Coaching](#) webpage for more information and full schedule.

WELLNESS TIPS AND NEWS

Did you know that our benefits and wellness vendors offer monthly tips and newsletters? Visit the [Wellness Tips](#) webpage to check out what is available each month.

ACTIVE&FIT DIRECT ENROLLMENT FEE WAIVED

The Active&Fit Direct™ program allows you to choose from 11,000+ participating fitness centers nationwide and 1,500+ on-demand fitness video classes accessible at home or on-the-go for only \$25 a month (plus applicable taxes). The normal \$25 enrollment fee has been waived through December 31, 2020. See more about this exciting offer and instruction on how to enroll on the [Gym Subsidies and Discounts](#) webpage.



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

SUMMER 2020 DRAWING WINNERS

100 Pushup Challenge

- Dusty Alexander, Information Technology, \$100 Corporate Rewards Gift Card
- Gabriel Rios, Sheriff, \$100 Corporate Rewards Gift Card
- Jennifer Cesena, Treasurer, \$100 Corporate Rewards Gift Card
- Pradip Patel, Justice Court Tucson, \$100 Corporate Rewards Gift Card
- Roberta Gauna-Amos, County Attorney, \$100 Corporate Rewards Gift Card

200 Lunge Challenge

- Gabriel Rios, Sheriff, \$100 Corporate Rewards Gift Card
- Roberta Gauna-Amos, County Attorney, \$100 Corporate Rewards Gift Card

Seasonal Fitness Challenge

- Bonnie Gilmore, Clerk of the Superior Court, \$50 Corporate Rewards Gift Card
- Elaine Mariolle, Health, \$50 Corporate Rewards Gift Card
- Heather Ross, County Free Library, \$50 Corporate Rewards Gift Card
- Marie Ellis, Finance and Risk Management, \$50 Corporate Rewards Gift Card
- Marjorie Trujillo-Farmer, County Free Library, \$50 Corporate Rewards Gift Card
- Sabra Simmons, County Attorney, \$50 Corporate Rewards Gift Card
- Claudia Owens, Finance and Risk Management, \$100 Corporate Rewards Gift Card
- Guillermo Lopez, Reg Wastewater Reclamation, \$100 Corporate Rewards Gift Card
- Joseph Cuffari, Reg Flood Control District, \$100 Corporate Rewards Gift Card
- Tracy Lebon, Clerk of the Superior Court, \$100 Corporate Rewards Gift Card

SmartDollar

- Aaron Shepherd, Information Technology, \$50 Corporate Rewards Gift Card
- Carol Fair, Juvenile Court, \$50 Corporate Rewards Gift Card
- Chris Stevens, Sheriff, \$50 Corporate Rewards Gift Card
- Daniela Gallegos, Reg Wastewater Reclamation, \$50 Corporate Rewards Gift Card
- Deborah Castro, Juvenile Court, \$50 Corporate Rewards Gift Card
- Kelsey Braun-Shirley, Procurement, \$50 Corporate Rewards Gift Card
- Laurie McGrath, County Free Library, \$50 Corporate Rewards Gift Card
- Maria Avila, Juvenile Court, \$50 Corporate Rewards Gift Card
- Maria Boulmay, Development Services, \$50 Corporate Rewards Gift Card
- Michael Ribbeck, Sheriff, \$50 Corporate Rewards Gift Card
- Patti Nelson, Reg Wastewater Reclamation, \$50 Corporate Rewards Gift Card
- Roberta Gauna-Amos, County Attorney, \$50 Corporate Rewards Gift Card
- Sharla Ronstadt, County Free Library, \$50 Corporate Rewards Gift Card
- Star Romero, Community & Workforce Development, \$50 Corporate Rewards Gift Card
- Stephanie Kania, Finance and Risk Management, \$50 Corporate Rewards Gift Card
- Toni Bush, Clerk of the Superior Court, \$50 Corporate Rewards Gift Card
- Victoria Villanueva, County Free Library, \$50 Corporate Rewards Gift Card

Stress Less Blood Pressure Challenge

- April Smith, Superior Court, \$100 Corporate Rewards Gift Card
- Charlotte Watts, Stadium District-Kino Sports Complex, \$100 Corporate Rewards Gift Card
- Gladys Beebe, Stadium District-Kino Sports Complex, \$100 Corporate Rewards Gift Card
- Mary Grodman, Stadium District-Kino Sports Complex, \$100 Corporate Rewards Gift Card

