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12 DAYS OF WELLNESS CHALLENGE

For most people, it can be a difficult time of year to keep one’s health priority due to the pandemic, holidays, changes in weather, abundance or lack of food and lack of physical activities. This program is designed to be a helpful tool participants can use to keep on track with their health during December.

Complete a different wellness activity for each of the 12 days and record them on the 12 Days of Wellness Calendar between December 1 – 31, 2020. Activities should include 3 tasks from each of the four categories:

- Fitness
- Nutrition
- Well-Being
- Community Engagement

Submit to Employee Wellness by January 8, 2021, to earn 10 Healthy Lifestyle Activity Points and be entered into a drawing for one of twenty $50 Corporate Rewards gift cards*.

Visit the 12 Days of Wellness webpage for all challenge details.

*All gift cards are subject to tax.
2021/22 HEALTHY LIFESTYLE PREMIUM DISCOUNT #2 DEADLINE FOR POINTS IS APPROACHING

The deadline to participate in the BeWell Benefits and Wellness program to earn points in order to qualify for the 2021/22 Healthy Lifestyle Premium Discount #2 is February 28, 2021. You need to have at least 50 points to qualify for the first level – Level 1 which is worth $5 per pay period. There are three levels and you can earn a discount up to $15 per pay period. We are near the end of the reporting period (March 1, 2020 - February 28, 2021), but you still have time to pick which wellness programs, activities and events interest you the most and participate in to start or continuing earning points!

Visit the Employee Wellness webpage for more information including a full menu of programs that earn Discount #2: Healthy Lifestyle Activity Points.

Remember, you can always check your progress towards 2021-22 Discounts in MyADP. If you feel you there’s an error with your points or you would like to see a breakdown of what programs earned your points, please contact Employee Wellness at wellness@pima.gov to request a breakdown of your points (include your EIN in the email).

Rewarding You for Your Healthy Choices!

WAYS TO PRACTICE GRATITUDE

**FOCUS**
on your strengths, not your weaknesses

**LOOK**
at your failures and challenges as learning opportunities to help you grow

**MEDITATE**
each day on what you're grateful for and write your thoughts in a journal

**GIVE**
your time to others by volunteering or spending time to help your family and friends

**SAY “THANK YOU”**
whenever someone does something nice or helpful for you