VIRTUAL HEALTHY LIVING PROGRAM

The Healthy Living Program: Managing Ongoing Health Conditions helps employees take the steps to living a healthier life. This interactive program developed by Stanford University will help you learn to better manage a chronic condition like diabetes, hypertension, heart & lung disease, chronic pain or a mental health condition. Through group interaction, goal setting, and action planning, participants learn many ways to take control of their own health.

This 6-week program is free and offered to all employees. The program will be held Mondays and Thursdays, 12:00pm – 1:00pm starting January 25, 2021 via MS Teams.

Due to the nature of this program, we highly encourage you to attend all 12 sessions. Also, because you will be engaging with the group, all participants must have and use a microphone and camera.

Participants that attend at least 10 out of 12 sessions will earn 50 Healthy Lifestyle Activity Points and a $100 Corporate Rewards gift card. * Visit the Healthy Living Program webpage for all program details and to register.

*All gift cards are subject to tax.
HOW TO EARN POINTS

Need points for the 2021/22 Healthy Lifestyle Premium Discount #2? Winter is a great time to participate in Employee Wellness Programs in order to earn points just before the February 28, 2021 deadline. Here are some suggestions:

- If already registered, complete the No Weight Gain Holiday Weight Challenge and weigh out in January (up to 30 points).
- Complete the 12 Days of Wellness challenge in December (10 points).
- Start the SmartDollar Financial Wellness Program (up to 100 points).
- Make an appointment with a Health Coach (up to 60 points).
- Attend a Wellness Webinar (10 points each).
- Join the Winter Seasonal Fitness Challenge (up to 60 points).
- Attend a Diabetes Management program or workshop (10 points each).

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 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).

DON’T WAIT, START YOUR NEW YEAR’S RESOLUTIONS TODAY!

Resolutions should not be reserved solely for the New Year. You can make resolutions or goals at any time of the year. Why not start now, with a holiday season goal: to be the healthiest and best version of yourself during this busy time of the year!

Big things happen when we start with small changes in our everyday routines. Maybe this is the year that you devote time for self-care and mindfulness to reduce stress and avoid the tendency to overindulge with holiday foods.

Use these 3 simple steps to begin your holiday season with a goal for a healthier you.

- Write down a few goals for yourself and place them in a location that will serve as a reminder, such as a bathroom mirror or computer screen.
- Include why these goals are important to you. Be specific: include steps as to how, when, and where these goals can be achieved.
- Give yourself a pep talk. Imagine what it would feel like to accomplish your goals. Stay positive and believe in yourself.

Bonus tip: Read this blog post about how to stick with your goals.