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FOOD & YOU WORKSHOP SERIES

Nutrition plays an important role in helping you maintain a healthy lifestyle. In addition to helping you feel and look better, healthy eating is good for your overall health and well-being. Celebrate National Nutrition Month in March by attending the 4-week Food & You virtual workshop series. You will learn nutritional approaches for the healthiest YOU!

Sessions are held Fridays, 12:00pm – 1:00pm and are facilitated by Coach Cody from the Wellness Council of Arizona.

- March 5, 2021: What Are U Eating
- March 12, 2021: Breakfast of Champions
- March 19, 2021: Lunch Box Express
- March 26, 2021: What’s for Dinner?

Complete the Registration Form to get started. For more information visit the Food and You webpage.

Earn 10 Healthy Lifestyle Activity Points for each session you attend!
LAST CHANCE TO CHECK POINTS

The deadline to earn points for the 2021/22 Discount #2 is February 28, 2021. Visit the Employee Wellness webpage for more information including a full menu of programs that earn Discount #2: Healthy Lifestyle Activity Points.

1. Check your progress towards 2021-22 Discounts in MyADP. Points were last updated February 15, 2021 with items that were completed and submitted in January. Items that are completed and submitted in February will be updated in ADP by March 15, 2021.

2. If 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).

3. If you see that something missing, let us know.

New Reporting Period Starts March 1, 2021 to earn points for the 2022/23 Discount #2

HEART DISEASE & DIABETES

Diabetes and heart disease often go hand in hand. In fact, heart disease is a leading cause of death among adults in the US, and those with type 2 diabetes mellitus (T2D) are at an even greater risk. Here are 3 tips to improve your overall health and reduce your risk factors.

KNOW YOUR NUMBERS: High blood sugar, blood pressure, and triglycerides combined with low HDL and high LDL cholesterol levels are among the risk factors of heart disease. Take these important steps to assess your risk.

- Monitor your blood sugars regularly
- Check your blood pressure regularly
- Track your triglyceride and cholesterol levels with a simple blood test

Did you know? High triglycerides combined with low HDL (the “good” cholesterol) is a better predictor of heart disease risk than high LDL.

CONTROL YOUR BLOOD SUGAR: Cutting back on foods high in carbs and sugar like bread, potatoes, and cookies can make a big difference. Find a meal plan that you enjoy and that works for you.

BUILD HEALTHY HABITS: Identify ways you can begin to build healthy habits. Start small and set measurable goals. From meal planning to building a better sleep routine, identify and build habits that are meaningful to you and the healthy life you want to live. Set one today!

For more information about the Virta program check out the Virta webpage
Tuition Discounts Updates for February 2021

Arizona Online (University of Arizona)

amAZe yourself with one of the TOP 10 online programs in the nation!

As a Pima County employee, spouse, domestic partner or dependent you will receive additional employee benefits including a 10% tuition reduction on online undergraduate and graduate programs.

Important Dates: Spring Session II start date: March 15, 2021.

Visit online.arizona.edu/pima-county to get started!

Northern Arizona University

Benefit from a 10% tuition reduction on NAU graduate programs as a Pima County employee. Please stay tuned for information regarding the upcoming Fall 2021 Master of Organizational Leadership Cohort.

Visit nau.edu/educational-partnerships/pima-county/ to get started!
Arizona State University

Arizona State University is advancing education and expanding career possibilities for public employee in Arizona with the Arizona Public Employee 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 Arizona Public Employee Scholarship - Pima County to learn more!

*Note: A completed Letter of Eligibility will be required for this Scholarship: Letter of Eligibility - Pima County*

Grand Canyon University

For the month of February 2021, GCU is offering a 25% tuition discount* for all new Undergraduate degree program students (excluding RN-BSN, certificates and bridges) and a 15% tuition discount** for all new Graduate Student degree programs. This discount cannot be combined with the Pima County tuition scholarship. Remember that you must be enrolled in an undergraduate degree program prior to February 28, 2021 to take advantage of this limited time tuition discount offer.

Pima County Employees that do not qualify for this new undergraduate degree program tuition discount offer are eligible to take advantage of our Partnership discount providing all Pima County employees with a 10% tuition scholarship toward the Bachelor, Masters, and Doctorate degree program of your choice.

Visit gcu.edu/uc/barry.julian to get started!

*MOU 6663 required
**MOU 6665 required

Questions? Please contact Pima County Employee Benefits at: hrbenefits@pima.gov

Or visit the Tuition Discount Webpage for additional information