Healthy Happenings

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READY TO BOOT UP?

Control your mindset, alter your choices, delete your unhealthy habits. Join us for the 6 week Boot Up! Challenge that focuses on sleep, hydration, nutrition, and exercise. Learn to improve small daily habits that can lead to better health and more energy.

Register by April 15, 2021 to be entered into a drawing for 1 of 50 Fitbit Versa 2 ($200 value)*! Plus, receive a water bottle to use during the challenge**.

The challenge runs from May 2 – June 11. Track your progress on the Boot Up! Challenge form and submit to challenges@welcoaz.org by June 14, 2021 to earn 20 Healthy Lifestyle Activity Points and be entered into the prize drawings for your chance at $50 and $100 gift cards*. Receive weekly tips by email to keep you on track.

Challenge coordinated by the Wellness Council of Arizona. Contact challenges@welcoaz.org or wellness@pima.gov with questions.

*All Fitbit Versa 2 and gift cards are subject to taxation.
**Limited supply of water bottles. Delivery will take 2-3 weeks starting 4/16/2021.

Annual Enrollment is Coming Soon!

April 26 – May 14, 2021

Time to Enroll or Make Changes to Your 2021/22 Benefits
COVID-19 VACCINATIONS CAN EARN YOU POINTS

Once employees are fully vaccinated between March 1, 2021, and February 28, 2022, they may be eligible to receive 50 Healthy Lifestyle Activity Points toward the 2022/23 Discount #2 which is active July 2022. Submit verification for points by:

- Visiting the Discount #2 Healthy Lifestyle Activity Points webpage
- Click on the Prevention tab
- Download the current Preventive Exam/Screening Affidavit
- Attach a copy of the vaccination card in lieu of Healthcare Provider signature
- Submit to Employee Wellness

Employees who were fully vaccinated by the end of February 2021 can contact Employee Wellness to check qualification and request last reporting year’s Preventive Exam/Screening Affidavit to earn 50 points towards the 2021/22 Discount #2 which is active July 2021.

Keep in mind that you can’t get credit for the COVID-19 vaccination points if you’ve already earned 50 points for other preventive exams, screenings and immunizations category.

Contact Employee Wellness at Wellness@pima.gov for more information.

Introducing Levelhead

There’s no question that we are all facing unprecedented levels of uncertainty and stress. That’s why we are launching a new wellness program available for all Pima County employees to help you navigate these challenging times and beyond. Levelhead is a practical, science-based program designed to reduce stress and anxiety, improve focus and attention, boost self-compassion, and provide the skills you need to live a healthier and happier life.

The Levelhead program includes 3 to 5-minute audio micro-sessions, delivered through an App on your personal mobile device, that can be listened to anywhere, anytime*. These practical audio sessions are based on real-life situations and were created for busy people just like you.

Engage with co-workers also on Levelhead by sending fun, encouraging electronic stickers.

Plus, by using Levelhead, you’ll have even more chances to participate in fun and rewarding challenges offered to you throughout the year from the Pima County Wellness team.

Ready to learn more? This program is offered at no charge to you in conjunction with the Wellness Council of Arizona. Check out this link for more information and to sign-up. After signing up, you will receive your enrollment code by email around April 19, 2021.

*Please note that a personal smartphone or tablet is needed to participate.

Sign-Up for Levelhead Today!
CVS CAREMARK SPECIALITY COPAY CARD CHANGE

Using a coupon to purchase your specialty medications? If so, you may notice some changes beginning in July. Coupons may still be used; however, you may notice that the amount saved does not apply towards your deductible. What does this mean? When you use a coupon/copay card to fill a prescription through CVS Specialty® on or after July 1, 2021, only the amount you actually pay for your medication will be applied to your deductible or out-of-pocket maximum.* The amount you save when you use the coupon/copay card will not be applied.

If you are prescribed a Specialty medication, a CVS Specialty representative will discuss the options with you prior to your first fill and direct you to any available copay assistance.** If you have any questions, call the Customer Care number on your member ID card Monday through Friday, from 6:30AM to 8 PM (CT). And if you haven’t done so already, visit Caremark.com to register and create your patient profile.

*Out-of-pocket=The amount you must pay each policy year before the policy starts paying the full benefits. This may be for the whole family and/or one person alone.
**Eligibility for third-party copay assistance program is dependent on the applicable terms and conditions required by that particular program and are subject to change. Copay assistance program may not be used with any government payor plan. Copay, copayment or coinsurance means the amount a plan member is required to pay for a prescription in accordance with a Plan, which may be a deductible, a percentage of the prescription price, a fixed amount or other charge, with the balance, if any, paid by a Plan.

THE NEXT BANNER HEALTH DIABETES PREVENTION PROGRAM (DPP) STARTS APRIL 28, 2021

Have you ever been told by a health care professional that you:

- Are at risk for getting diabetes?
- Have prediabetes?
- Have borderline diabetes?
- Have high blood sugar or glucose?
- Had diabetes when you were pregnant?
- Have a family history of diabetes?

You may be at high risk for type 2 diabetes, but there is something you can do about it. Join our expert coaches who work with small groups of adults to help you become healthier through weight loss and fitness and to prevent getting type 2 diabetes! Take part in weekly, 1-hour group sessions for the first 6 months and 6 monthly follow-up sessions over one year*. This program is designed to help you make the changes you need!

Online group sessions on Wednesdays starting 4/28/2021
12:00 – 1:00 pm or 5:30 - 6:30 pm

Open to all qualifying Pima County employees and dependents (18+). Employees can earn 10 Healthy Lifestyle Activity Points per session and up to $200 in gift cards** for participating throughout the program. Space is limited. Last day to sign up is 5/19/2021. Call 520-626-1609 or email TucsonDiabetes@BannerHealth.com to register or see if this program is right for you.

*Group sessions conducted confidentially using HIPAA-compliant protocols. Program is free.
**All gift cards are subject to taxation.