



Healthy Happenings

April 2021
Volume 2 | Issue 17

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Join a Live BeWell Annual Enrollment Webinar

April 27th ~ 12:00 pm – 1:00 pm

May 12th ~ 12:00 pm – 1:00 pm

Register on the
[Learning Management System](#)
(LMS)

Earn 10 Points
Eligible for BeWell Hours

ANNUAL ENROLLMENT FY 2021/22

Annual Enrollment runs April 26th – May 14th and is the only time that you may make changes to your benefits without a qualifying family status event. In addition, it is the time to complete the following.

- Certify your tobacco-free status
- Review beneficiary information
- Review personal contact information
- Review emergency contact information

Things to keep in mind as we approach FY 2021-22:

- Plans offered this upcoming plan year remain the same but there are increases to the Aetna Medical and the Davis Vision premiums.
- You will need to re-certify your tobacco-free status for Discount #1.
- Changes are effective July 1, 2021, and will be reflected in your July 9, 2021, paycheck.
- You will be mailed an ID card if you are newly enrolled in medical, dental, or vision.
- If you are enrolled in the Health Savings Account (HSA), Pima County will fund your HSA on a bi-weekly basis based upon your level of coverage.

For specific plan details and information visit the [Annual Enrollment](#) website. To complete your enrollment elections, visit the ADP - [Employee Self Service \(ESS\) portal](#) between April 26, 2021 and May 14, 2021. Questions can be submitted by email to hrbenefits@pima.gov or call Human Resources Employee Benefits at 520-724-8464.

LEARN TO THRIVE WITH GRATITUDE

Now, more than ever, we need to build community and positivity. Gratitude is essential to a positive mindset and has wide-ranging impacts. Living from a place of gratitude helps you manage your attention, make wiser decisions, and reduce stress. Embark on the Gratitude Challenge May 3-21, 2021 and you'll not only spread positivity, but you'll also earn Healthy Lifestyle Activity Points and get a chance to win a great prize.

This is a voluntary challenge and all employees with the new Levelhead App can participate. Need to get Levelhead? [Click here](#) to learn more and sign-up. After signing up, you will receive your enrollment code by email around April 19, 2021. You will need a personal smartphone or tablet to participate.

Complete the following two activities with Levelhead and you'll receive 10 Healthy Lifestyle Activity Points and be entered into a drawing for 1 of 20, \$50 Corporate Reward Gift Cards*.

- **STEP 1:** Listen to at least (5) of (7) exercises in “**Gratitude: The Foundational Emotion**” group of the **LEARNING TO THRIVE** track. (Last track in Levelhead App)
- **STEP 2:** Send at least (5) stickers to a colleague in the Levelhead App, sharing what you appreciate about them.

**All gift cards are subject to taxation.*

Tips to **THRIVE** During Times of Uncertainty and Crisis.

- T**urn to family and friends for support.
- H**ave compassion for yourself and others.
- R**eflect on the positive things in your life.
- I**nspire others through your words and actions.
- V**eer away from too much media.
- E**xpand your horizons and interests.

levelhead

www.getlevelhead.com



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. Attend 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 by Zoom and are facilitated by Coach Cody from the Wellness Council of Arizona.

- May 7, 2021: What Are U Eating
- May 14, 2021: Breakfast of Champions
- May 21, 2021: Lunch Box Express
- May 28, 2021: What’s for Dinner?

Complete the [Registration Form](#) to get started. Register and attend the 1st session to receive a Vegetable Spiralizer!* Earn 10 points per session you attend.** For more information visit the [Food and You](#) webpage.



*Giveaways are limited.

**Program can be completed once each reporting year (March – February)

WINTER 2020 DRAWING WINNERS

12 Days of Wellness

- Blanca Rossetti, Finance and Risk Management, \$50 Corporate Rewards Gift Card
- Cat Strong, County Free Library, \$50 Corporate Rewards Gift Card
- Chris Stevens, Sheriff, \$50 Corporate Rewards Gift Card
- Cindy Nava, Juvenile Court, \$50 Corporate Rewards Gift Card
- Clarissa Dominguez, Sheriff, \$50 Corporate Rewards Gift Card
- Dustin Williams, School Superintendent, \$50 Corporate Rewards Gift Card
- Dylan Imoehl, County Attorney, \$50 Corporate Rewards Gift Card
- Gail Kozacki-Terek, Community & Workforce Development, \$50 Corporate Rewards Gift Card
- Gladys Beebe, Stadium District-Kino Sports Complex, \$50 Corporate Rewards Gift Card
- Jennifer Patterson, Recorder, \$50 Corporate Rewards Gift Card
- Jo Ann Chacon, Clerk of the Superior Court, \$50 Corporate Rewards Gift Card
- Karen Valdez, County Free Library, \$50 Corporate Rewards Gift Card
- Karla Mayer, Treasurer, \$50 Corporate Rewards Gift Card
- Meagan Lynch, Procurement, \$50 Corporate Rewards Gift Card
- Sarah Lopez, County Free Library, \$50 Corporate Rewards Gift Card
- Stephen Romero, Procurement, \$50 Corporate Rewards Gift Card
- Tenecia Phillips, County Free Library, \$50 Corporate Rewards Gift Card
- Teresa Bravo, Economic Development and Tourism, \$50 Corporate Rewards Gift Card
- Therese Skinner, Clerk of the Superior Court, \$50 Corporate Rewards Gift Card
- Tima Farhat, County Free Library, \$50 Corporate Rewards Gift Card

100 Pushup Challenge

- Celso Montes, Information Technology, \$100 Corporate Rewards Gift Card
- Jason Aros, Regional Wastewater Reclamation, \$100 Corporate Rewards Gift Card

200 Lunge Challenge

- Adam Estrada, Facilities Management, \$100 Corporate Rewards Gift Card
- Athene Archer, Health, \$100 Corporate Rewards Gift Card
- Christopher Smith, Forensic Science Center, \$100 Corporate Rewards Gift Card
- Glenton Lowell, Health, \$100 Corporate Rewards Gift Card
- Maria Daniels, Juvenile Court, \$100 Corporate Rewards Gift Card

No Weight Gain Challenge

- Amber Bates, Forensic Science Center, \$100 Corporate Rewards Gift Card
- Babette McDonald, County Attorney, \$100 Corporate Rewards Gift Card
- Charity Bender, Justice Court Tucson, \$100 Corporate Rewards Gift Card
- Denise Waldo, Procurement, \$100 Corporate Rewards Gift Card
- Eleonora Demaria, Regional Flood Control District, \$100 Corporate Rewards Gift Card
- Janice Bedford-Hughes, Regional Flood Control District, \$100 Corporate Rewards Gift Card
- Joseph Ware, Finance and Risk Management, \$100 Corporate Rewards Gift Card
- Kristina Dymek, Regional Wastewater Reclamation, \$100 Corporate Rewards Gift Card
- Lorena Duarte, Justice Court Tucson, \$100 Corporate Rewards Gift Card
- Lori Witz, Community & Workforce Development, \$100 Corporate Rewards Gift Card
- Lucia Rowena Concepcion, Clerk of the Superior Court, \$100 Corporate Rewards Gift Card
- Mary Kelso, Finance and Risk Management, \$100 Corporate Rewards Gift Card
- Megan Murray, Sheriff, \$100 Corporate Rewards Gift Card
- Tracey Gutheim, Development Services, \$100 Corporate Rewards Gift Card

Seasonal Fitness Challenge

- Daniel South, County Attorney, \$100 Corporate Rewards Gift Card
- Earle Griffiths, Transportation, \$100 Corporate Rewards Gift Card
- Edie Price, Natural Resources Parks and Recreation, \$50 Corporate Rewards Gift Card
- Jennifer Linville, County Attorney, \$50 Corporate Rewards Gift Card
- Jimmie Colmenero, Finance and Risk Management, \$100 Corporate Rewards Gift Card
- Michele Nelms, Superior Court, \$100 Corporate Rewards Gift Card
- Rise Hart, Community & Workforce Development, \$50 Corporate Rewards Gift Card
- Robert Cline, Recorder, \$50 Corporate Rewards Gift Card
- Ruthann Wiggins, Clerk of the Superior Court, \$50 Corporate Rewards Gift Card
- Sarah Nowell, Sheriff, \$50 Corporate Rewards Gift Card
- Scott Nemeth, Human Resources, \$50 Corporate Rewards Gift Card
- Tony Olivier, Superior Court, \$50 Corporate Rewards Gift Card

SmartDollar

- Analiese Gerald, Health, \$50 Corporate Rewards Gift Card
- Ann Wilhite, Sheriff, \$50 Corporate Rewards Gift Card
- Britton Watson, Assessor, \$50 Corporate Rewards Gift Card
- Bryce Potter, Information Technology, \$50 Corporate Rewards Gift Card
- Karen Donderewicz, Superior Court, \$50 Corporate Rewards Gift Card
- Karina Guthrie, Clerk of the Superior Court, \$50 Corporate Rewards Gift Card
- Kindra Rollins, Sheriff, \$50 Corporate Rewards Gift Card
- Lucia Marrufo-Gonzalez, Grants Management & Innovation, \$50 Corporate Rewards Gift Card
- Lucia Hurtado, Superior Court, \$50 Corporate Rewards Gift Card
- Marsha Kelly, Information Technology, \$50 Corporate Rewards Gift Card
- Regina Lorenc, Superior Court, \$50 Corporate Rewards Gift Card
- Robin Melichar Kennedy, County Attorney, \$50 Corporate Rewards Gift Card
- Ross Shipley, Regional Flood Control District, \$50 Corporate Rewards Gift Card
- Sofia Blue, Human Resources, \$50 Corporate Rewards Gift Card
- Timothy Chavez, Information Technology, \$50 Corporate Rewards Gift Card
- Vicki Saunders, Facilities Management, \$50 Corporate Rewards Gift Card

Stress Less Blood Pressure Challenge

- Elizabeth Esquivel, Finance and Risk Management, \$100 Corporate Rewards Gift Card
- Jacqueline Andrade, Grants Management & Innovation, \$100 Corporate Rewards Gift Card
- Rebecca Romero, Health, \$100 Corporate Rewards Gift Card

Wear Red Day

- Christina Ackley, Sheriff, \$50 Corporate Rewards Gift Card
- Dianne Vanhorn, Superior Court, \$50 Corporate Rewards Gift Card
- Evelyn Bustamante, Elections, \$50 Corporate Rewards Gift Card
- Jacqueline Andrade, Grants Management & Innovation, \$50 Corporate Rewards Gift Card
- Jessica Reyes, Juvenile Court, \$50 Corporate Rewards Gift Card
- Larelle Muratti, Transportation, \$50 Corporate Rewards Gift Card
- Lorena Duarte, Justice Court Tucson, \$50 Corporate Rewards Gift Card
- Mary Martinson, Elections, \$50 Corporate Rewards Gift Card
- Michael Ribbeck, Sheriff, \$50 Corporate Rewards Gift Card
- Michelle Moore, Superior Court, \$50 Corporate Rewards Gift Card