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Earn up to 15 Healthy Lifestyle Activity Points & Your chance at a $50 or $100 Corporate Rewards Gift Card.*

STRETCH DON’T STRAIN

Do you struggle throughout your day with stiffness, soreness, or joint pain? Stretching can release muscle tension, increase your flexibility, and even enhance your mood! Prioritize stretching in your everyday routine in this 30-day challenge starting June 1, 2021! The Stretch Don’t Strain challenge is open to all Pima County employees and encourages them to complete simple stretches every day for 5 weeks.

Participating in a daily stretch routine has many benefits including:

- Reduce your risk of injury.
- Increase your flexibility.
- Reduce joint & muscle pain.
- Improve your performance.
- Great for stress relief.

To get started register for the challenge by May 31, 2021 and you’ll be entered into a drawing for one of twenty Massage Ball Kits ($23 value)!

Watch a recorded training to learn the different stretch routines. Complete daily stretches and track your progress on the Stretch Don’t Strain Participant Tracker.

Visit the Stretch Don’t Strain webpage for full program details.

*All gift cards and massage ball kits are subject to taxation.

Eligible for BeWell Hours
COVID-19 VACCINATIONS CAN EARN YOU POINTS TOWARDS HEALTHY LIFESTYLE PREMIUM DISCOUNTS

Help stop the pandemic by getting vaccinated and earn 50 Healthy Lifestyle Activity Points. Studies show that COVID-19 vaccines are effective at keeping you from getting COVID-19. Getting a COVID-19 vaccine will also help keep you from getting seriously ill even if you do get COVID-19. Find more information on the CDC website [Key Things to Know About COVID-19 Vaccine](https://www.cdc.gov/coronavirus/2019-ncov.html).

You must be fully vaccinated to be eligible for points. Fully vaccinated means having received both doses for the brands that require two doses and a single dose for the brands that require one dose.

- Employees who were fully vaccinated by February 28, 2021 are eligible to receive 50 Healthy Lifestyle Activity Points toward the 2021/22 Discount #2 effective July 2021.
  - Submit as soon as possible to earn the discount by the first paycheck in July.
  - If you have already reached the highest discount level, Level 3 – 150+ points, there is no need to submit.
- Employees who are fully vaccinated between March 1, 2021 and February 28, 2022 are eligible to receive 50 Healthy Lifestyle Activity Points toward the 2022/23 Discount #2 effective July 2022.

To qualify for points submit a copy of the [COVID-19 Vaccination Affidavit](https://www.cdc.gov/coronavirus/2019-ncov/) to Employee Wellness, and attach a copy of your COVID-19 vaccination card.
Be Aware and Take the Challenge

Did you know that one of the biggest risk factors for stroke is high blood pressure? High blood pressure damages arteries throughout the body, creating conditions where they can burst or clog more easily. Weakened arteries in the brain, resulting from high blood pressure, put you at a much higher risk for stroke — which is why managing high blood pressure is critical to reduce your chance of having a stroke.

TRY THESE TIPS WHEN MONITORING YOUR BLOOD PRESSURE:

- **Be still.** Don't smoke, drink caffeinated beverages or exercise within 30 minutes before measuring your blood pressure. Empty your bladder and ensure at least 5 minutes of quiet rest before measurements.
- **Sit correctly.** Sit with your back straight and supported (on a dining chair, rather than a sofa). Your feet should be flat on the floor and your legs should not be crossed. Your arm should be supported on a flat surface (such as a table) with the upper arm at heart level. Make sure the bottom of the cuff is placed directly above the bend of the elbow. Check your monitor’s instructions for an illustration or have your healthcare provider show you how.
- **Measure at the same time every day.** It’s important to take the readings at the same time each day, such as morning and evening. It is best to take the readings daily however ideally beginning 2 weeks after a change in treatment and during the week before your next appointment.
- **Take multiple readings and record the results.** Each time you measure, take two or three readings one minute apart and record the results. If your monitor has built-in memory to store your readings, take it with you to your appointments. Some monitors may also allow you to upload your readings to a secure website after you register your profile.
- **Don’t take the measurement over clothes.**

NOW THAT YOU KNOW THE BASICS TO TAKING YOUR BLOOD PRESSURE, WHY NOT PUT THEM TO USE?

Register for the Stress Less Blood Pressure Challenge any time to get started. Over the course of a month, you are asked to track your blood pressure before and after performing a stress-reduction activity on ten separate days. There are blood pressure monitors and Higi health kiosks located at various Pima County locations, but you can also use your home blood pressure monitor.

By completing the Stress Less Blood Pressure Challenge you will:

- Be entered into a seasonal drawing for 1 of 5 $100 Corporate Rewards gift cards*
- Earn 15 Healthy Lifestyle Activity Points**

*All gift cards are subject to taxation.
** This challenge can be completed once per reporting year (March - February) for points.
SUMMER’S RIGHT AROUND THE CORNER AND THAT MEANS A NEW SEASON OF MONEY TEMPTATIONS ARE TOO.

Even though you may be going on a family vacation, that doesn’t mean that your budget is. Start making your money work for you this summer and all year long with the help of SmartDollar. Check out this PDF and learn about some summer temptations to be on the lookout for.

SmartDollar is a financial wellness program designed to help you get on a plan to reach your money goals. It’s available 24/7 anywhere on any device.

Best of all, SmartDollar is completely FREE for all benefits eligible employees!

Create your account at www.smartdollar.com/enroll/pima8820
TUITION DISCOUNT INFORMATION AND UPDATES

OUR SUMMER SESSION II BEGINS JULY 6TH!
The University of Arizona Online offers degrees that connect you directly to Arizona’s flagship university, 100% online.

Pima County employees and their families have the amAZing opportunity to get their degree from top-ranked University of Arizona as part of the Pima County & Arizona Online Partnership! Learn more about your exclusive employee benefits including:

- 10% tuition reduction on online undergraduate and graduate programs
- Dedicated enrollment support
- Waived application fee
- Yearly onsite events
- Six start dates a year

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

ANNOUNCING THE ASU PUBLIC EMPLOYEE SCHOLARSHIP
Arizona State University is advancing education and expanding career possibilities for public employees 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 any time during the semester before the last day of classes to receive the award.

Visit students.asu.edu/arizona-public-employee-scholarship to learn more.

Questions? Contact the Admission Services team at ASU4AZemployees@asu.edu or call 480-965-7788.

For the months of May 2021 and June 2021 NEW Undergraduate students are eligible for a 25% tuition discount and NEW Graduate students are eligible for a 15% tuition discount. Returning students may take advantage of our existing 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!
Pima County Employees

10% tuition reduction on graduate programming

Northern Arizona University offers benefit-eligible team members a 10% savings on its graduate programs, including certificates, masters and doctorate degrees.

Options include:
- Master of Organizational Leadership with an emphasis in leadership, criminal justice administration or project management
- Master of Public Administration
- Master of Computer Information Technology
- Master of English – Professional Writing
- Certificate – Community Planning
- Certificate – Public Management
- See the link below for more options...

NAU also has affordable undergraduate degree options, including programs that accept up to 90 transfer credits. Scholarships are available for transfer students who qualify. Degrees are offered in Tucson and online – choose the learning format that fits you best. Most classes are available in 8-week sessions so you can accelerate your completion.

Contact NAU about the Master of Organizational Leadership cohort offered in Tucson this fall!
	northvalley@nau.edu or (602) 728-9510

You can learn more about this opportunity by visiting this website

https://nau.edu/educational-partnerships/pima-county/

Questions? Please contact Pima County Employee Benefits at: hrbenefits@pima.gov or visit the Tuition Discount Webpage for additional information.