WALKTOBER CHALLENGE

October is the perfect month to commit to adding more walking into your daily routine. It is a fun way to take advantage of cooler temperatures to engage in a healthy and safe physical activity. Whether strolling on the sidewalk, wandering through the park, or taking a hike, walking in any form grants people of all ages and abilities a safe and accessible way to be active.

Register for this challenge to receive weekly tips to keep you motivated. Track your minutes of intentional walking and fill out the Walktober Challenge Tracking Form as you go. Intentional walking is walking at a moderate intensity (fast enough that conversation makes you a little breathless) done outside of normal, everyday walking (ex. taking a walk in your neighborhood, walking on a treadmill, taking a hike.) Complete at least 20 minutes of intentional walking each day to qualify for the incentives.


Complete the challenge and you’ll:

- Earn 10 Healthy Lifestyle Activity Points
- Be entered into a drawing for 1 of 20 $50 Whole Foods gift cards*

*All gift cards are subject to taxation. Gift card type is subject to change.
VIRTUAL SUCCESS STORY: GILBERT’S TESTIMONIAL

A medical emergency gave him the wakeup call he needed.

Gilbert has been on Virta for 5 months and has lost over 70 pounds and has dropped his average glucose over 80 mg/dL. Read more of his weight loss and type 2 diabetes journey below! For those of you who want to learn more about Virta, visit: www.virtahealth.com/join/pimacounty.

“I have always been on the heavy side, but when my mother tragically passed last year, I turned to food to provide comfort. I was eating everything and anything. That is, until I woke up in October of 2020 and the entire right side of my face was frozen in place.

A CT scan at the hospital revealed that I had Bell’s Palsy, and I was given some medication to help with the recovery. But my short stint at the hospital quickly became an eye-opener for my current state of health. My weight had ballooned from a previous high of about 340 pounds to 384 pounds in the short time after my mother’s passing. I gave myself the goal of getting my health under control after the holidays.

When January of 2021 rolled around, I was ready to go. I started by cutting down on my favorite beverage of soda with crushed ice. From there, I tried to limit my meal portions and eat more salads. All of this lasted about two weeks before I started wondering if I could keep it up. I felt hungry all the time, which made it difficult to continue on this path. That’s when I got an email from Pima County, my employer of over 25 years, about Virta.

I almost can’t believe the results I have seen in only 5 months on Virta. Sometimes I need to pinch myself—and now there is plenty of loose skin to pinch. My weight is down below 310 pounds and my average glucose has dropped over 80 mg/dL!

To all my colleagues at Pima County, and anyone else considering Virta, I want to let you know that this is a life-changing opportunity. Give it a shot. All you have to lose is the weight, high blood sugar, and medication. I am still striving to reach my goals every day, but already, I know I have come so far. With Virta, I feel like I have truly bettered myself, and I want to help my friends better themselves, too. I know that is something that would make my family, friends, and especially Mom, proud.”

Read Gilbert’s incredible full story here: https://www.virtahealth.com/blog/a-medical-emergency-leads-to-diabetes-reversal
COVID-19 VACCINATION INCENTIVES & DISINCENTIVES

On September 21, 2021, the Board of Supervisors approved to amend the COVID-19 unvaccinated disincentives previously approved and maintain the Healthy Lifestyle Premium Discounts program as is. Instead, employees that do not have their "I'm Vaccinated" badge will be subject to a $45.51 per pay period medical premium surcharge beginning in November.

To avoid this surcharge, employees who are fully vaccinated must complete the "I'm Vaccinated" Badge Request online form. 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 must provide accurate information when filling out the form. Misspelled names, incorrect EINs, using different contact information from what was provided when you received the vaccine, and picking a different Department from the one in which you are actually employed will likely cause delays in the processing of your information and distribution of your “I’m Vaccinated” card. Do not complete the form more than once.

In addition to avoiding the $45.51 per pay period medical premium surcharge, employees that are fully vaccinated will also receive 50 Healthy Lifestyle Activity Points to be applied as a discount to the medical premium deduction in the following plan year.

For more information:

- COVID-19 Vaccine Incentives, Requirements, and Disincentives FAQs
- COVID-19 Vaccine Information & Registration
- COVID-19 Employee Resources
TUITION DISCOUNT INFORMATION AND UPDATES

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

The University of Arizona Online offers degrees that connect you directly to Arizona’s flagship university, 100% online.

Our Fall Session II begins October 14th

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!

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!
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.

National Transfer Week Sunday, Oct. 17 to Saturday, Oct. 23

Join Arizona State University for National Transfer Week, a series of virtual events designed specifically for individuals with transferable credits looking to complete a bachelor’s degree. Choose from more than 30 sessions to learn how to transfer credits to ASU, explore degree programs and interact with current students.

Arizona State University makes it more affordable with a tuition scholarship exclusively for Arizona public employees, and easier on your schedule with online options. Eligible state, city, town and public employees will receive scholarship aid equal to 10% off the base tuition rate.

Students and the university community host each live session to engage and inform you while having fun. Join us to celebrate the diversity of the transfer student experience at ASU. Browse through and register for sessions below.

What to expect:

- Learn how credits transfer to ASU for a seamless transition.
- Explore degree programs.
- Engage and talk with current transfer students from each of our campuses.
- Hear about the transfer admission and application processes at ASU.
- Sessions specific to active duty military, reservists and veterans.

To discuss next steps, set up a one-on-one appointment with an admission representative.

We hope to see you during National Transfer Week! Register here.
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.

You can learn more about this opportunity by visiting this website: https://nau.edu/educational-partnerships/pima-county/