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New Reporting Period
Started March, 2022.
Don’t Wait Until Next
February. Start Earning
Points Now Towards the
2023/24 Discount #2.

Annual Enrollment is Coming Soon!

April 25 – May 13, 2022

Time to Enroll or Make Changes to Your
2022/23 Benefits
Get Active This Spring!

Use this wonderful time of the year to get moving and enjoy this wonderful weather before summer hits. Most of us view exercise as just a way to burn calories and maintain our weight, but there are so many other great benefits that come with exercising regularly. Some of those benefits include:

- Better Sleep Quality
- Lower Blood Pressure
- More energy to play with your kids and grandchildren
- Less stress and anxiety

We can enjoy all of these benefits while having a good time as well. Find a way to get active that you enjoy. Anything from walking your dog to doing some gardening, or maybe even spending a weekend at the lake to do some kayaking or swimming. Leading a healthier life and enjoying the process is a win/win. If you want to win even more you can also sign up for one of our Seasonal Fitness Challenges to win some Healthy Lifestyle Activity Points and a chance of winning a $100 gift card! Healthy Lifestyle Activity Points help you work towards discounts on your medical premiums. If you want more info on our Seasonal Fitness Challenge you can find it here.

If the gym is your passion Pima County also offers gym subsidies and discounts as well to make those memberships more affordable. You can find more info about those offerings here.