



WHAT PARTICIPANTS ARE SAYING

“Just knowing that the County Wellness department tries to help us control our weight and health really helps. Thanks for being there!”



“Makes me accountable and not just to myself. I feel like I am working towards a goal with others. Thank you for this positive program.”



“This program & others definitely keeps me motivated to exercise, eat properly, possibly lose weight, and gain reward gifts at the same time. Thanks.”

A note on confidentiality:

Your individual information is kept private and we do not see the results of any medical claims you submit. We may only see the county employee group’s overall results. Aetna uses the information simply to identify those who may welcome services that promote wellness.



Healthy Lifestyle Program

CONTACT INFORMATION

Pima County Employee Wellness

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Certain health choices may save money on your insurance premiums.

By taking simple steps like being tobacco-free, completing the on-line health assessment, completing a preventive exam, or participating in other healthy lifestyle activities you’re making meaningful strides toward improved health and lowering your medical premiums.

How to Get Started

There are just a few easy steps you need to take in order to earn potential medical premium discounts every pay period.

The reporting period in which you will need to complete each of the steps, is between **March 1st and February 28th** of every year. The discounts will be given during the next fiscal year between **July 1st and June 30th** of the following year.

DISCOUNT #1: BE TOBACCO FREE

You need to be tobacco free for at least the past six months. Tobacco use includes cigars, cigarettes, chewing tobacco, pipe tobacco, electronic cigarettes or any other tobacco product.

If you need help to quit, visit the Tobacco Cessation support and resources page on the Employee Wellness website .

DISCOUNT #2: COMPLETE THE ONLINE HEALTH ASSESSMENT

The health assessment is an important step in understanding the big picture of your health. This simple online survey asks a series of questions and is designed to help you understand your potential risk for chronic medical conditions and steps you can take to reduce your risk. It should take you about 15 minutes to complete.

To take the Health Assessment, go to www.aetna.com and log-in to your account. Hover your mouse over "Health Records" on the home page, then click on "Take a Health Assessment".

DISCOUNT #3: COMPLETE A PREVENTIVE EXAM OR HEALTH SCREENING

Qualifying preventive health exams or screening services are covered at 100% (no co-pay) and include:

- Biometric Screening / Lab Panel
- Mammography Preventive Exam
- Annual Physical
- Cervical Preventive Exam
- Colorectal Preventive Exam
- Prostate Preventive Exam

DISCOUNT #4: EARN AT LEAST 100 HEALTHY LIFESTYLE ACTIVITY POINTS (HLAP'S)

Adopt and maintain a healthy lifestyle by choosing from a variety of programs that put you in control. Programs include stress, weight management, nutrition and physical activity.

View the list of programs and activities that will earn you HLAP's by visiting the Employee Wellness website.



The Employee Wellness website is your guide to finding resources, programs, events, and discounts to keep you healthy and save you money on your medical premiums.

To get started, visit:
www.pima.gov/hr/heath.

Additional Wellness Benefits

WELLNESS & FITNESS DISCOUNTS

As an employee, you and your family will be able to save on local gym memberships, such as LA Fitness®, the YMCA, Platinum Fitness and a variety of other gyms.

ON-SITE SCREENINGS & SERVICES

On-site mammograms, biometric screenings and flu shots are offered throughout the year at various work-sites. Your Pima County medical plan covers the full cost for age-appropriate screenings.

Additional on-site programs and resources, such as wellness workshops, free and low-cost fitness classes, health coaching, diabetes programs and Weight Watchers® at Work, are available to you.

