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REVAMPED AND NEW CHALLENGES FOR YOU

Need a way to kick start your fitness or nutrition goals? Want to start earning points towards the 2022/23 Discount #2 now? Check out some of our newly revamped and created self-start challenges.

These challenges can be started at any time and can be completed once per reporting year (March – February) for points. Earn 20 points per challenge and be entered into a seasonal drawing for a $100 Corporate Rewards gift card*

- 100 Pushup Challenge (flyer)
- 200 Lunge Challenge (flyer)
- 30 Day Back to Healthy Nutrition Challenge (flyer)

Visit the webpage for the challenge of your choice for full program details and the link to register.

*All gift cards are subject to taxation.

Ask a Health Coach

Have a quick question for one of our Health Coaches? Send an email with your question to wellness@pima.gov and the answer to your question may be featured in one of our upcoming newsletters!
HEALTHON BROADWAY IS BACK!

HealthOn Broadway, located at 1 W. Broadway Blvd., is open again. If you’re due for a primary care or annual preventive service, now may be the time to check out this location. This location offers:

1. Convenient access for your primary care needs. Including:
   - Medical
   - Pediatrics
   - Physical Therapy
   - Occupational Health
   - Radiology & Lab
   - Behavioral Health
   - Virtual Visits
   - Nutrition

2. Free virtual exercises classes for El Rio Patients, including Barre, Better Backs, Zumba, Yoga and more.

For more information, call 520-309-4200.

Virta’s obesity reversal method is fully covered by Pima County

Many Virta patients lose a significant amount of weight using Virta’s obesity reversal method, like Virta patient Donna. Prior to starting Virta, Donna wanted to make changes, but she couldn’t bring herself to go on medication, or force herself to exercise more.

After 10 months on Virta, Donna lost over 100 pounds, all while eating until satisfied. She’s never had to go hungry on Virta or rely on diet bars or shakes for food.

Pima County is fully covering the cost of Virta, valued at over $3,000, for all medical benefits-enrolled employees, spouses, domestic partners, and adult dependents with type 2 diabetes, prediabetes, or obesity (BMI = 30 and above).

Get rid of that stubborn weight for good by visiting https://www.virtahealth.com/join/pimacounty

For more information about the Virta program check out the Virta webpage.

Have you started the SmartDollar program yet? Check out this short video on what you’re missing out on.