



December 2021

Volume 3 | Issue 8

Healthy Happenings

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12 DAYS OF WELLNESS



**Participate on any 12
days during December
1 - 31 2021**

12 DAYS OF WELLNESS CHALLENGE

For most people, it can be a difficult time of year to keep one's health priority due to the pandemic, holidays, changes in weather, abundance or lack of food and lack of physical activities. This program is designed to be a helpful tool participants can use to keep on track with their health during December.

Complete a different wellness activity for each of the 12 days and record them on the [12 Days of Wellness Calendar](#) between December 1 – 31, 2021. Activities should include 3 tasks from each of the four categories:

- Fitness
- Nutrition
- Well-Being
- Community Engagement

Submit to Employee Wellness by January 7, 2022, to earn 10 Healthy Lifestyle Activity Points and be entered into a drawing for one of twenty \$50 Corporate Rewards gift cards*.

Visit the [12 Days of Wellness](#) webpage for all challenge details.

**All gift cards are subject to tax.*



**4-WEEK SERIES TO LEARN
NUTRITIONAL APPROACHES FOR THE
HEALTHIEST YOU!**

Complete weekly activities and short assignments.



Every Wednesday from 12:00pm – 1:00 pm:

- January 5th: What Are U Eating
- January 12th: Breakfast of Champions
- January 19th: Lunch Box Express
- January 26th: What’s for Dinner?

[REGISTER HERE](#)

**Earn 10 Healthy Lifestyle Activity
Points for each session you attend!**

**Program can be completed once each reporting year
(March-February)*



VIRTA

Insulin Comes at a Steep Cost
(and we’re not just talking about the price tag)

Not everyone with type 2 diabetes needs insulin, but to many, the threat is always there. “Get your numbers under control with oral medication and diet and exercise or else...”

Common side effects of insulin:

- Weight gain
- Increased heart rate
- Risk of hypoglycemia (blood sugar that drops too low)
- Skin irritation and/or infection at injection site
- Mood swings, anxiety, and/or depression

So what’s the alternative? At Virta, we believe the best type 2 diabetes management is reversal. Our dedicated team of physicians and health coaches can teach you how to use food as medicine to naturally reduce your A1c and blood sugar, lose weight, and eliminate the need for prescription medications such as insulin.

[Learn more](#)

TUITION DISCOUNT UPDATES FOR DECEMBER 2021

Arizona Online (University of Arizona)



As a Pima County employee, spouse, domestic partner or dependent you will receive additional employee benefits including a 10% tuition reduction on online undergraduate and graduate programs.

Important Dates:

- Spring Session I start date: January 12, 2022

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

Arizona State University



Arizona State University is advancing education and expanding career possibilities for public employee 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 anytime during the semester before the last day of classes to receive the award.

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

**Note: A completed Employment Verification Form will be required for this Scholarship. Please contact Toni Parkhurst at toni.parkhurst@pima.gov for additional information.*

Grand Canyon University



Did you know that you may be able to shorten the time it takes to complete your [Master of Business Administration \(MBA\)](#) degree by six months?

Those who completed their undergraduate degree in business may be eligible to waive up to three courses in Grand Canyon University's MBA program.

Approved by the Accreditation Council for Business Schools and Programs, GCU's MBA program allows future business leaders and executives to focus on leadership development, operations management and organizational growth. For more information on GCU's MBA program and this exciting opportunity, contact me today! Or if you have been considering furthering your education online, now's the time! Pima County employees may take advantage of a **10% tuition scholarship** to the program of your choice. GCU offers Bachelor, Masters and Doctorate degrees.

Visit gcu.edu/uc/barry.julian to get started!

Northern Arizona University



Benefit from a 10% tuition reduction on NAU graduate programs as a Pima County employee.

Visit nau.edu/educational-partnerships/pima-county/ to get started!

Questions? Please contact Pima County Employee Benefits at: hrbenefits@pima.gov

Or visit the [Tuition Discount](#) webpage for additional information.