INSIDE THIS ISSUE

- Deadline for Points
- Mammography Screenings – February 7-10, 2022
- Health Coaching – Introduction to New Health Coach and Schedule
- SmartDollar Contest
- Active & Fit Direct Promo

New Reporting Period Starts
March 1, 2022 to earn points for the 2023/24 Discount #2

Last Chance to Check Points

The deadline to earn points for the 2022/23 Discount #2 is February 28, 2022. Visit the Employee Wellness webpage for more information including a full menu of programs that earn Discount #2: Healthy Lifestyle Activity Points.

1. Check your progress towards 2022-23 Discounts in MyADP. Items that are completed and submitted in January will be updated in ADP by February 15, 2022.

2. If you would like to see a breakdown of what programs earned your points, please contact Employee Wellness at wellness@pima.gov to request a breakdown of your points (include your EIN in the email).

3. If you see that something missing, let us know.
3D Mammograms
Pima County Mobile Screening Events

Assured Imaging is pleased to be working with Pima County and the City of Tucson to provide this important screening. Our focus is providing patients the highest quality service, a professional and experienced staff, and fellowship-trained radiologists specializing in mammography.

Open to all Pima County employees and spouses/domestic partners with Aetna medical insurance.

Assured Imaging
a Rezolut company

<table>
<thead>
<tr>
<th>WHEN</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>MON. &amp; TUES., FEB. 7-8</td>
<td>DOWNTOWN 300 W. Pennington St. (Pennington St. loading zone #14 between City Hall and Admin West) NORTH SIDE</td>
</tr>
<tr>
<td>8AM - 5PM</td>
<td></td>
</tr>
<tr>
<td>WEDNESDAY, FEB. 9</td>
<td>CITY OF TUCSON HARDESTY MIDTOWN</td>
</tr>
<tr>
<td>8AM - 12PM</td>
<td>MULTI-SERVICE CENTER 1100 S Alvernon Way, Tucson, AZ 85711</td>
</tr>
<tr>
<td>THURSDAY, FEB. 10</td>
<td>DOWNTOWN 300 W. Pennington St. (Pennington St. loading zone #14 between City Hall and Admin West) NORTH SIDE</td>
</tr>
<tr>
<td>8AM - 5PM</td>
<td></td>
</tr>
</tbody>
</table>

Schedule Online!
Simply visit the link below:
www.assuredimaging.com/Tucson
Or call 520-744-6121

Save time and fill out your paperwork ahead of time!
Forms available at www.assuredimaging.com/Tucson
For more info contact Employee Wellness at:
520-724-2792 or wellness@pima.gov

early detection saves lives!

All major insurance plans accepted. Bring your photo ID and insurance card to your exam. All prior patient images will be obtained by Assured Imaging for comparison. You will be responsible for any charges that are not covered by your insurance plan.

A woman is eligible for a digital mammogram screening if she:
• is at least 40 years of age*
• has not had a previous mammogram in the past year
• has no current breast problems or complaints

Patients with breast implants are welcome

*If younger than listed age, certain qualifications may be eligible for a 100% covered exam. Contact Aetna member services to verify eligibility.
Welcome Health Coach Kevin Dahl

Kevin Dahl
Health Coach

Kevin is a health coach with the Wellness Council of Arizona. He completed his Bachelor of Science in Sport and Exercise Psychology, and Master of Science in Educational Psychology with a specialization in Health and Fitness Psychology. As a certified Health Coach through the American Council on Exercise, Kevin has worked in the health and wellness sector for many years and in many different roles.

Kevin completed Peace Corps service in Madagascar as a Community Health Advisor, was a Sport Psychology Performance Coach, a Health Risk Analyst, and more recently a Clinical Health Coach in a primary care setting. Kevin focuses his health coaching through a holistic approach by including physiology, biology, and sociology since every person is different and not a carbon copy.

His current interests are hiking in the beautiful areas around Tucson and training for his next marathon. He hopes to one day complete a marathon in each state of the US!

Strength, Energy, & Vitality!

kevind@welcoaz.org

---

Kevin works for the Wellness Council of Arizona to serve the health interests of employees. All information shared with him will be kept confidential and will not be shared with any management personnel or any other employees.
Coach Kevin
1st Thursday 10:00 - 2:00 pm
1st Friday 10:00 - 2:00 pm*
2nd Wednesday 10:00 - 2:00 pm
3rd Thursday 10:00 - 2:00 pm
4th Wednesday 10:00 - 2:00 pm

Coach Joan
2nd Monday 10:00 - 2:00 pm
2nd Wednesday 10:00 - 2:00 pm
3rd Thursday 8:00 - 11:00 am*
3rd Friday 8:00 - 11:00 am
4th Monday 4:00 - 7:00 pm

Coach Kelly
1st Tuesday 10:00 - 2:00 pm
1st Tuesday 6:00 - 8:00 pm

*These dates available starting April 1, 2021
Schedule your Free & Confidential 30 Minute Session Today!
https://welcoaz.as.me/pimacounty
$5,000 CASH Giveaway
FEBRUARY 1–28

Start making progress toward your money goals and have a chance at winning cash all month long!

You could win:

🌟 $500 Prize Each Week
🌟 $1,000 Budget Bonus Prize
🌟 $5,000 Grand Prize

Entering is easy!

Scan this code with your phone’s camera and get started.

Or open your browser and go to: smartdollar.com/enroll/pima8820

For official giveaway rules, go to: smartdollar.com/giveaway-rules
$25 ENROLLMENT FEE WAIVED FOR JAN - FEB 2022. DON'T MISS OUT!

Find more information on the Discounts, Vouchers & Consignment webpage.