INSIDE THIS ISSUE

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DON’T FORGET, YOU HAVE ACCESS TO A NO-COST DIABETES REVERSAL BENEFIT!

Pima County wants to remind you that eligible employees, spouses, domestic partners, and adult dependents can join Virta, the proven type 2 diabetes, prediabetes, and obesity reversal benefit, at no cost to you. Virta is also available for those looking for a safe and sustainable way to lose weight!

Get Started

*$249/mo value

How Virta works

Virta’s reversal treatment and weight loss program is backed by clinical research and proven to help lower blood sugar, reduce the need for diabetes medications (including insulin), and help patients lose weight. And it’s done simply by making small, but meaningful, changes to your diet.

Here is what you get with Virta:

- Unlimited testing strips, lancets, and swabs
- Blood glucose meter
- Connected scale
- 1:1 expert health coaching and medical supervision
- Mobile app with easy-to-use tracking tools and tips
Virta works!

Here are the average treatment results after only 10 weeks:

- **Medication Elimination**: 87%
  - Virta patients eliminating or reducing insulin at 10 weeks

- **Weight Loss**: 7%
  - Average weight loss at 10 weeks

- **A1c Reduction**: 1.1%
  - Average HbA1c reduction at 10 weeks

**Here’s how you sign up.**

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).

It only takes 5 minutes to start: [https://www.virtahealth.com/join/pimacounty](https://www.virtahealth.com/join/pimacounty)

Please reach out to support@virtahealth.com if you have any questions.

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*Virta is available to Pima County employees, spouses, domestic partners, and adult dependents between the ages of 18 and 79 who are enrolled in a Pima County health plan through Aetna. This benefit is currently being offered to those with type 2 diabetes, prediabetes, or obesity (BMI = 30 and above). There are some serious medical conditions that would exclude patients from the Virta treatment. Start the application process now to find out if you qualify.*

*Your health information is protected and is 100% confidential. Virta will never share your health information with your employer or third parties other than your medical provider.*
Gym or Home

$0 Enrollment Fee Extended Through March!

11,000+ STANDARD FITNESS CENTERS
for just $25 a month
and/or
4,500+ PREMIUM EXERCISE STUDIOS
with 20% - 70% discounts on most

PLUS
5,500+ DIGITAL WORKOUT VIDEOS
ENROLL YOUR SPOUSE**
LIFESTYLE COACHING
NO LONG-TERM CONTRACTS

$0 Enrollment Fee Now Through March 31
for standard fitness centers only.

Use promo code NEWYEAR2022 at checkout.
HEALTH COACHING TO FIT YOUR SCHEDULE

Not sticking to your New Year’s resolutions? Don’t know where to start? Get back on track with the help and support of a Wellness Council of Arizona Health Coach for free! The Health Tracks Health Coaching program offers individual, confidential health and wellness coaching to all Pima County employees. Check out the monthly schedule which includes 30 minute virtual and telephonic appointments.

*Health Coaching is available now until April 15th

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<th>Kevin Dahl</th>
<th>Kelly Cuppell</th>
<th>Joan Upton</th>
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Choose a Health Coach, pick a [health track topic](#) and [set an appointment](#) to get started today! Earn 60 Healthy Lifestyle Activity Points for completing 4 sessions in one Health Track. For more information visit the [Health Tracks Health Coaching](#) webpage.

Eligible for BeWell Time. [Administrative Procedure 23-30](#).

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MOUTH-HEALTHY RECIPE: DARK CHOCOLATE KIWI POPS

**Ingredients:**
- 1 cup dark chocolate chips
- 1 cup coconut oil
- 6 large kiwifruit, peeled and cut into rounds that are 1/4” to 1/2” thick

**Directions:**
1. Insert a lollipop stick through the edge of each kiwi slice.
2. Place them on a tray lined with wax paper and freeze for 4 hours.
3. Melt the dark chocolate and coconut oil together.
4. Dip each frozen kiwi slice into the melted chocolate, covering evenly.
5. Enjoy immediately or refreeze to eat later!