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DON’T FORGET OUR MONTHLY WELLNESS QUIZ!

Each month, read the online presentation packed full of pertinent health and wellness information and complete a quiz to help you learn more about special health topics. Topics covered in these presentations include general health and wellness, safety, personal finance, exercise, nutrition, and more.

Reading the presentation and completing the accompanied quiz will earn you 5 Healthy Lifestyle Activity Points.

You can find our monthly quizzes here.
Here are some ways to get started - let's make it happen

1. **GET ON A BUDGET.** With EveryDollar, you can create a budget and track your expenses.


3. **USE THE DEBT SNOWBALL.** List all your debts, pay off the smallest first, and build momentum quickly.

4. **APPLY EVERY RAISE AND TAX REFUND TOWARD YOUR STUDENT LOANS.**

5. **INCREASE YOUR INCOME WITH A SIDE HUSTLE.** Delivering food, pet sitting, cutting grass—There are tons of options out there.

6. **PAY MORE THAN THE MINIMUM PAYMENTS.** Make sure you’re applying the extra money to your loan balance, not next month’s payment.

7. **DON’T BANK ON STUDENT LOAN FORGIVENESS.** Work your plan on your terms and pay off the debt as fast as you can.

8. **REFINANCE STUDENT LOANS—BUT ONLY IF IT MAKES SENSE.** The goal here is to secure a better rate and better payment terms.

From budgeting to making a plan and setting a debt-free date, SmartDollar’s tools and resources are here for you. You’ve got this!

Create your FREE SmartDollar account at smartdollar.com/enroll/pima8820 and get access to all of the content and links above.
HR Consent form allows you to receive benefits materials electronically

Due to the current nationwide paper and envelope shortage and the County’s effort to preserve paper, help the environment, and reduce costs, Pima County is offering you the opportunity to consent to receive all federally required notices about your employee benefits electronically. You may also opt out of receiving these notices electronically and to continue to receive the annual mailings in paper form.

Such notices will include, but not be limited to, enrollment announcement, Summary Plan Descriptions (SPDs), Summaries of Benefits and Coverage (SBCs), Schedule of Benefits (SOBs), Summaries of Material Modifications (SMMs), Consolidated Omnibus Budget Reconciliation Act (COBRA), Children’s Health Insurance Program (CHIP), Health Insurance Marketplace, Health Insurance Portability and Accountability Act (HIPAA), and Wellness Program Disclosure.

Do your part to help us go paperless! Please complete the [HR Benefits Consent Form for Electronic Distribution of Benefits Materials](https://www.surveymonkey.com/r/V72ZWFN) by June 6, 2022.

For more information on Pima County’s health benefits or these notices, please call HR Benefits at 724-8464 or email [HRBenefits@pima.gov](mailto:HRBenefits@pima.gov).