

September 2016

Employee Wellness Website  
www.tucsonaz.gov/wellness

# Live Well, Be Well

## Employee Wellness E-News



City of Tucson

### 4-Week Nutrition Challenge



September 1st– September 30th

#### DETAILS

#### PRIZES

#### Upcoming events:

- October 31st Trick or Treat Walk downtown.

Earn 25 nutrition badges throughout the challenge by eating **3 servings of vegetables** or **2 fruits daily** for an average of 5 days a week.

Earn 25 nutrition badges **and** 25 water badges throughout the challenge to be entered to win a **\$100** premier rewards card (50 will be given away).

Earn 25 water badges by **drinking 64 oz. of water** 5 days a week.

Reach one of these (25 nutrition badges **or** 25 water badges) for a raffle entry to win a **\$50** premier rewards card (100 will be given away).

### Know Your Numbers\*

#### Earn \$25

- 1) Get your wellness exam
- 2) Have your physician sign the physician verification form
- 3) Email completed form to Alma.Villa@tucsonaz.gov
- 4) Complete the Health Questionnaire online at MyCigna.com
- 5) Receive your **\$25 gift card**

Visit [tucsonaz.gov/wellness](http://tucsonaz.gov/wellness) for more information and to get the form.

*\*MUST COMPLETE ALL STEPS BY 9/30/16 to receive incentive*

Questions? Contact

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### On-Site City and County Flu Shot Clinics

9/12/16	TPD West, 1310 W. Miracle Mile Rd.	9:00am — 1:00pm
9/13/16	City Hall, 1st Floor CR. 255 W. Alameda St.	9:00am — 1:00pm
9/13/16	Golf Links Library, 9640 E. Golf Links Rd.	12:30pm — 4:00pm
9/14/16	Randolph Parks & Rec., 200 S. Alvernon Way	7:30am — 11:30am
9/14/16	TPD Headquarters, 270 S. Stone Ave.	12:00pm — 4:00pm
9/15/16	CHD, 320 N. Commerce Park Loop	8:30am — 12:30pm
9/15/16	TOPSC, Amphitheatre, 4004 S. Park Ave.	11:00am — 5:00pm
9/16/16	City Court, 103 E. Alameda St.	2:00pm — 5:00pm

Open to All City of Tucson employees, family members and retirees

Fill out your consent form before you go, available here [consent form](#)

\*Must bring medical insurance card

### POP (Prostate Onsite Project) coming to COT!

Wednesday September 28, 2016

9:00am – 1:00pm

255 W. Alameda St. (behind City Hall)

Prostate Cancer Screening includes: PSA (Prostate, Specific, Antigen), blood draw, DRE (digital rectal exam), testicular exam.

\*Participants responsible for any charges not covered under insurance plan.