



Let your Blood Pressure Fall!

in October

Online Registration begins Oct. 21st

Challenge begins Oct. 24th

Join the City of Tucson Employee Blood Pressure & Step Challenge

October 24th- November 25th

Powered by: American Medical Screenings

The goal is to become more aware of your blood pressure readings and increase daily activity by earning points

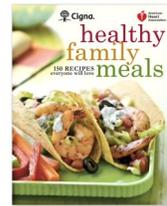
Earn points by doing the following*

 Get your blood pressure taken & weight-in at a health station- worth 100 points

 Earn activity points-- worth 100 points

**Link your activity device to Higi and get active. Only verified data from a synced device will be counted.

Points example:(10,000 steps a day= 100 points; prorated for fewer steps)



Combined Limit: 200 points daily

 Reach 2,500 points throughout the challenge, receive a blood pressure home machine and a raffle entry to win a \$100 Premier Rewards card**

 Reach 2,000 points throughout the challenge, receive a Healthy Family Meals cook book

 Reach 1,000 points throughout the challenge, receive a Cigna Infuser Tumbler

Contact Raquel Downs with any questions, Raquel.Downs@cigna.com or 528-5661

Find a health station near you at <https://higi.com> and to set up a free and confidential account

*Points are limited to 200 points per day, 2,500 points for the challenge. **Sync activity device with Higi at <https://higi.com> to earn activity points. ***Premier Rewards Card has no expiration and can be redeemed with Hallmark online or via mail for purchases through a wide variety of vendors. Visit www.hallmarkbusiness.com/redeem for a current vendor listing (subject to change at any time). Cards are not redeemable for cash. Lost or stolen cards will not be replaced. Benefits-eligible employees who are eligible for insurance under the City's active employee insurance program are eligible to participate in this program. See Insurance Handbook at www.tucsonaz.gov/insurance for employee benefits-eligibility criteria. A participating employee may win one prize based on points reached and a chance to win a \$100 maximum value, if 2,500 points are reached. Gift card recipients are responsible for all related taxes.