



CITY OF  
TUCSON

OFFICE OF THE  
CITY MANAGER



Dear Employees,

I am pleased to remind you of our robust Wellness Initiative—*Live Well Be Well*—a free benefit for City of Tucson employees. The City of Tucson is committed to the health and wellness of our employees, and we are excited to offer this program to you.

The benefits of eating healthy, quitting tobacco, increasing physical activity, reducing stress and getting regular medical care can make a real difference in your life. Our Live Well Be Well program offers you tools, information and resources to make simple lifestyle changes to maintain or improve your health.

As a group, we are taking many of the right steps, but we still have a lot of work to do to help many of us improve our overall health. Our results are as follows:

- 39% are managing a chronic condition
- 75% of adults did not get an annual well visit exam last year

The comprehensive Live Well Be Well program currently includes annual wellness assessments, wellness challenges, fitness facility discounts, downtown fitness classes, team building fitness events, onsite mammograms, blood donation opportunities, and lifestyle management and individual health coaching provided by Cigna.

City of Tucson employees who participate in the program have opportunities to receive incentives and prizes. Participation is voluntary and completely confidential. The City receives only nonspecific summary information that is use in program planning and design.

I encourage you to begin working toward a healthier you today. Making changes can be challenging, but by keeping it simple and creating an environment of support, you can succeed through gradual lifestyle changes to improve the overall quality of your life. Cigna might reach out to you on a confidential basis to assist you with any changes you may need to make. We *strongly* encourage you to take advantage of this service and to answer the call if they contact you.

Watch for information about the programs, screenings, and additional wellness services available to you at no cost on our wellness website: [www.tucsonaz.gov/wellness](http://www.tucsonaz.gov/wellness).

If you have questions, please call our Wellness and Insurance Benefits Team at 520-837-4180 or 520-791-4597.

Sincerely,

Michael J. Ortega, P.E.  
City Manager