

July 2016

Employee Wellness Website
www.tucsonaz.gov/wellness

Live Well, Be Well

Employee Wellness E-News



City of Tucson Quarterly Wellness Campaigns

Earn rewards for a healthy lifestyle

\$100.00

Premier Rewards Card for enrolling in the Cigna telephonic coaching program and achieving a goal with a coach*.

Receive free & confidential coaching on any of the following topics

- Weight Management
- Stress Management
- Chronic Condition
- Tobacco Cessation
- Case Management
- Cigna Pharmacy

Get connected with a coach TODAY! 1-855-246-1873

\$25.00

Premier Rewards Card for maintaining your weight +/- 2 pounds from the initial weight in*.

- Visit www.tucsonaz.gov/wellness for quarterly weight in schedule

* See www.tucsonaz.gov/wellness for rules and conditions

Upcoming events:

- Mobile Onsite Mammography coming in August. Dates to follow soon!

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 for more information and to

American Red Cross Blood Drive Event Dates and Locations

7/26/16	City Hall, 1st Floor CR. 255 W. Alameda St.	8:00am — 1:00pm
7/27/16	TOPSC, Amphitheatre, 4004 S. Park Ave.	10:30pm — 2:30pm
7/28/16	TPD Downtown, 270 S. Stone Ave.	9:30am — 1:30pm

Schedule your appointment @ 1-800- REDCROSS or www.redcrossblood.org



Pre-register here www.redcrossblood.org/RapidPass



M.O.M (Mobile Onsite Mammography)



8/1/16	City Hall, 255 W. Alameda St.	9:00am — 5:30pm
8/2/16	TOPSC, 4004 S. Park Ave.	8:00am — 11:00am
8/2/16	CHD, 310 N. Commerce Park Loop	1:00pm — 4:00pm
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8/3/16	Abrams Building, 3950 S. Country Club Rd.	7:00am — 5:00pm
8/4/16	City Hall, 255 W. Alameda St.	7:00am — 5:00pm
8/5/16	Parks & Recreation, 900 S. Randolph Way	7:00am — 11:30am
8/8/16	City Hall, 255 W. Alameda St.	9:00am — 5:00pm

Questions? Contact

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