



Nov. 2019 - Jan. 2020



Can't weigh in at one of the onsite events? Visit a Higi station and email a picture of your results to Jenna.Skinner@cigna.com.^
 Find a Higi station at <https://higi.com>.
 ^Must receive stats by Nov. 25th for weigh in and Jan. 20th for weigh out.

Weigh-in the week before Thanksgiving; then weigh-out after the New Year

Maintain your weight 2 pounds +/- and receive a \$50 Premier Rewards card*

Lose weight? ** Get entered into a raffle to win an additional \$25 Premier Rewards card*

Date & Time	Weigh-In Location
Monday November 18th 8:15 am-10:15am	City Court 103 E. Alameda St. (3rd floor Judicial Library)
Tuesday November 19th 9:30am-11:30am	Randolph Recreation Center (Rm 4) 200 S. Alvernon Way
Tuesday November 19th 12:30pm-2:30pm	City Hall 255 W. Alameda St. (1st floor room)
Wednesday November 20th 7:00am-9:00am	TOPSC 4004 S. Park Ave. (Bldg. 1, Rm. 1)
Wednesday November 20th 3:00pm-5:00pm	Housing & Community Development 310 N Commerce Park Loop (Rillito & Sabino Rm.)
Thursday November 21st 1:30pm-2:30pm	TOPSC, Streets & Traffic Admin. 4220 S. Park Ave., 2nd floor
Date & Time	Weigh-In Location
Monday January 13th 9:00am-11:00am	City Court 103 E. Alameda St. (3rd floor Judicial Library)
Tuesday January 14th 9:30am-11:30am	Randolph Recreation Center (Rm 4) 200 S. Alvernon Way
Tuesday January 14th 12:30pm-2:30pm	City Hall 255 W. Alameda St. (1st floor room)
Wednesday January 15th 7:00am-9:00am	TOPSC 4004 S. Park Ave. (Bldg. 1, Rm.1)
Wednesday January 15th 3:00pm-5:00pm	Housing & Community Development 310 N Commerce Park Loop (Rillito & Sabino Rm.)
Thursday January 16th 1:30pm-2:30pm	TOPSC, Streets & Traffic Admin. 4220 S. Park Ave., 2nd floor

WWW.TUCSONAZ.GOV/WELLNESS

*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. All employees are welcome to participate, but only **active employees** who are eligible for insurance under the **active employee** insurance program are eligible to receive prizes. See insurance Handbook at www.tucsonaz.gov/insurance for employee benefits-eligibility criteria. **Premier Reward card recipients are responsible for all related taxes.**

** BMI must be 18.5 or higher in order to qualify. It is recommended that you lose between 1 and 2 pounds per week for sustainability and overall health. Visit the CDC website for more information on healthy weight loss https://www.cdc.gov/healthyweight/losing_weight/index.html.

The City of Tucson Wellness Program is a voluntary wellness program. The program is administered in accordance with federal rules permitting employer-sponsored wellness programs that seek to improve employee health or prevent disease, including the Americans with Disabilities Act of 1990, the Genetic Information Nondiscrimination Act of 2008, and the Health Insurance Portability and Accountability Act, as applicable, among others. For complete Notice Regarding Wellness Program details, visit www.tucsonaz.gov/wellness.

If you are interested in learning about reasonable alternatives to participate in this program, please reach out to Human Resources 520-791-4241.