

December 2016

Employee Wellness Website
www.tucsonaz.gov/wellness

Live Well, Be Well

Employee Wellness E-News



City of Tucson

VitaMin
Vital health information in a minute



STAY COZY AND SAFE

Upcoming events:

- Maintain Don't Gain (MDG)
Holiday Challenge weigh-outs
Jan. 9-12

Announcements:

NO quarterly weigh-ins in Jan

As you gather around the fireplace, light candles and use your ovens for holiday baking, it's important to remember fire safety. One of the most important parts of fire safety is prevention. How can you protect your loved ones? Follow these tips.

Deck the halls with care. Festive decorations may help put you in the holiday spirit, but they can also pose hidden dangers. Check all light strands for frayed wires, broken sockets or loose connections.

Use caution with candles and fireplaces. Lighters and matches should be kept out of reach of children. Don't leave the room when candles are burning. Be sure the flames are out completely before leaving the house or going to bed.

Get a furnace tune-up. Any appliance that gives off heat should be cleaned and maintained regularly, including fireplaces, furnaces, ovens and wood stoves.

Keep an eye on your kitchen. Cooking is the number one cause of house fires in the United States.¹ Never leave your stove unattended while it's on. Keep flammable items, such as dish towels and paper packaging, away from the stove top.

Install fire extinguishers. Be sure to have one on every floor of the house, especially in the kitchen.

Test smoke alarms. Make sure your smoke alarms are in working order. Many models have a test button you can push to make sure they're working properly. If it doesn't sound the alarm, replace the batteries immediately.

If you follow these tips, you're on your way to preventing a fire in your home. If you do experience a fire emergency, be sure to call 911 once you're safely outside of your home.

Source:

1. MedlinePlus. "Fire Safety." <http://www.nlm.nih.gov/medlineplus/firesafety.html> (accessed June 10, 2015)

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

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Weight Watchers @ Work

City Hall

255 W. Alameda St.

1st Fl. Conference Room

Thursday Nov 17-Feb 16

12:00pm - 1:00pm

(All subsequent sessions will be on Thursdays)

City Employees who attend 10 out of 12 sessions only pay the discounted price of \$78.00 (\$6.50 a week)

Attend 11 sessions and get \$156 credit towards the next 12 week series.*

Online Tools and APP now included in the low price**

Registration is on November 17th checks accepted

* Visit www.tucsonaz.gov/wellness for qualifying details

Questions? Contact

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Blood Drive Schedule

12/28/16

TOPSC, Upper Level Parking Lot, 4004 S. Park Ave.

1:00pm-5:00pm

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



Pre-register here www.redcrossblood.org/RapidPass

