



September 2020

Volume 2 | Issue 5

Healthy Happenings

INSIDE THIS ISSUE

- Emotional Health Screening
- On-Site Flu Shots
- Happiness Challenge

Resources for Living
Member Website
www.mylifevalues.com

Username: Pima
Password: County

[888-238-6232](tel:888-238-6232) (TTY:711)

CHECK ON YOUR EMOTIONAL HEALTH IN JUST A FEW MINUTES

Offered by our Employee Assistance Provider (EAP) Aetna Resources for Living

Life can leave you feeling tired, anxious or sad. It can be tough to tell when reaching out for support might help you feel and function better. That's why we've created a new emotional well-being screener for you to use. Take a brief screening to see if you can benefit from free services available to you today. Simply log on to your member website, scroll down and click "Take an emotional wellbeing screening here."

How it works

The tool includes questions to help identify your level of distress and how life challenges may be impacting you. Once you submit your responses, the tool may refer you to:

- Online self-help tools
- Referrals to call us for emotional support
- Daily life assistance and other resources

Gift card drawing

Give the tool a try and you'll also be entered in a giveaway drawing.* You could win a \$50 or \$500 gift card.

**Read the complete official rules for more details. Refer to [IRS Publication 525](#) for more details on prize winning taxation.*

GET THE SHOT NOT THE FLU

The power to stop the flu begins with you!

El Rio Health will be providing free on-site flu shots for all Pima County employees, spouses, domestic partners and any dependents 6+ months or older covered on the Pima County medical plan. For participants not covered under the County's medical plan, El Rio Health will accept most major insurance carriers. Please bring your medical insurance card. It is the participant's responsibility for any charges that are not covered under your insurance plan.

The flu shot type will be a preservative-free version. An egg free version will be available those who have a chicken or egg allergy upon request.

Flu shots are available by appointment only. Pima County locations are only open to County employees. El Rio Health locations are open to both employees and dependents (6+ months). See the schedule [here](#).

To prepare for your flu shot, we recommend that you:

- Wear short sleeves
- Wear a mask
- Bring your medical insurance card
- Complete and bring the [Flu Shot Consent Form](#) with you to your appointment
- Review the [El Rio Health COVID-19 Preventive Measures, Policies and Procedures](#)
- Plan for additional time to get your temperature taken when you enter the building.
- Come to your appointment on time and practice social distancing.

Preventive Flu Shot qualifies for 25 Healthy Lifestyle Activity Points. Visit the [Discount #2 Menu Prevention tab](#) for more information.

Available by Appointment Only

Schedule Today at
pimacountyflushots.as.me

Earn 25 Healthy Lifestyle Activity Points



The flu is a contagious illness caused by influenza viruses that infect the lungs, throat and nose. The flu affects millions of people each year and can lead to serious illness, or even death. According to the Centers for Disease Control and Prevention (CDC), the best way to prevent the flu is by getting vaccinated each year.

Who should get vaccinated this season?

Everyone 6 months and older should get a flu vaccine every season with rare exceptions. Vaccination is particularly important for people who are at high risk of serious complications from influenza. [People at High Risk of Developing Flu-Related Complications](#) has a full list of age and health factors that confer increased risk. Information for who cannot get a flu vaccine and who should talk to their doctor before getting a flu vaccine is available at [Who Should & Who Should NOT Get Vaccinated](#).

If you have questions about which flu vaccine to get, talk to your doctor or other health care professional. More information is available at [Who Should Get Vaccinated](#).

Source: [Centers for Disease Control and Prevention - Influenza \(Flu\)](#)

Get the
FLU  **SHOT**
not the flu!

COME ON GET HAPPY! HAPPINESS CHALLENGE SEPTEMBER 2020

Why should we care about happiness at work? Well, did you know? That happy employees are 12% more productive and take 10 times fewer sick days than unhappy employees? That close work friendships boost employee satisfaction by 50%, and employees with a close friend at work are 7 times more likely to engage fully in their work? That the average full-time employee spends 2,080 per year at work?

The **Happiness Challenge** is open to all Pima County employees and encourages them to complete simple happiness tasks every day in the month of September. [Register here](#) to get started.

Complete daily happiness tasks on the [Happiness Calendar](#) and submit by October 1, 2020 to qualify for up to 15 Healthy Lifestyle Activity Points and prize drawings for Corporate Rewards gift cards up to \$100* . Receive helpful tips and encouragement during the challenge. The challenge is managed by the Wellness Council of Arizona.

POINTS AND PRIZES

- Complete at least 15 happiness tasks to earn **15 points** and qualify for prize drawing of **1 of 5 \$100 Corporate Rewards gift cards***
- Complete at least 10 happiness tasks to earn **10 points** and qualify for prize drawing of **1 of 10 \$50 Corporate Rewards gift cards***
- Complete at least 5 happiness tasks to earn **5 points**

**Gift cards are subject to taxation.*

