



September 2021

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Healthy Happenings

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levelhead



CARVE OUT TIME TO THRIVE CHALLENGE

Are you ready for some Fall fun? This challenge is your chance to carve out a few minutes each day for self-care with Levelhead – to reduce stress, boost happiness, and thrive! When you do, you'll earn Healthy Lifestyle Activity Points and a chance to win a great prize!

The challenge runs October 4 - November 19, 2021. Complete 20 "Learning to Thrive" exercises during the challenge and you'll:

- Earn 10 Healthy Lifestyle Activity Points
- Be entered into a drawing for 1 of 50 Wireless Ear Buds with Wireless Charge (\$31 value*) - perfect for listening to Levelhead exercises!

"Learning to Thrive" is the last track in the Levelhead App -just scroll down to see it. Then, swipe left to see the 10 topic options. Each topic has (7) brief exercises. You pick which exercises to complete!

- Topic 1 - Gratitude: The Foundational Emotion
- Topic 2 - Focus & Attention
- Topic 3 - Stress & Anxiety
- Topic 4 - Your Happiness Quotient
- Topic 5 - Empathy
- Topic 6 - Self-Compassion
- Topic 7 - Meaning & Purpose
- Topic 8 - Stop and Smell the Flowers
- Topic 9 - Building Relationships
- Topic 10 - Your Personal Practice

Don't have Levelhead yet? It's a free benefit offered to all Pima County employees. Learn more and sign-up [here](#). Have Levelhead, but can't remember your password? Just click "Forgot Password" on the app you'll be able to reset it.

**All incentives valued at \$20 or more are subject to taxation.*



Start earning entries now by simply logging in and checking out the content.

Not sure where to start? We've got you covered! You'll earn a daily entry by checking out any of the content on our new [Explore](#) page (must log in).

Check out the articles, videos and audio recordings. This is your new go-to spot for the freshest content!

Create your account at:

www.smartdollar.com/enroll/pima8820



Check out the full giveaway rules [here](#).

VIRTUAL HEALTHY LIVING PROGRAM

The Healthy Living Program: Managing Ongoing Health Conditions helps employees take the steps to living a healthier life. This interactive program will help you learn to better manage a chronic condition like diabetes, hypertension, heart & lung disease, chronic pain or a mental health condition. Through group interaction, goal setting, and action planning, participants learn many ways to take control of their own health.

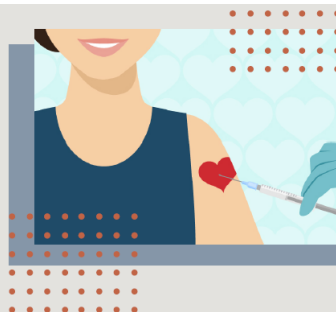
This 6-week program is free and offered to all employees. The program will be held Mondays and Thursdays, 10:00am – 11:00am starting October 7, 2021 via MS Teams.

Participants that attend at least 10 out of 12 sessions will earn 50 Healthy Lifestyle Activity Points and a \$100 Amazon gift card. * Visit the [Healthy Living Program](#) webpage for all program details and to [register](#).

Due to the nature of this program, we highly encourage you to attend all 12 sessions. Also, because you will be engaging with the group, all participants must have and use a microphone and camera.

**All gift cards are subject to tax. Gift card type is subject to change.*

FREE FLU SHOTS



September & October 2021

On-Site flu shots for all Pima County employees, spouses, domestic partners and dependents 18 years or older covered on the Pima County medical plan.

Schedule your appointment today!

pcflushots.as.me/

For more information and to view the schedule, visit the [Flu Shot](#) webpage.

Earn 25 Healthy Lifestyle Activity Points!

