



Healthy Happenings

April 2022
Volume 3 | Issue 13

INSIDE THIS ISSUE

- New Reporting Period
- Annual Enrollment
- Spring into Activity



New Reporting Period Started March, 2022. Don't Wait Until Next February. Start Earning Points Now Towards the 2023/24 Discount #2.

Annual Enrollment is Coming Soon!

April 25 – May 13, 2022

Time to Enroll or Make Changes to Your 2022/23 Benefits

Get Active This Spring!

Use this wonderful time of the year to get moving and enjoy this wonderful weather before summer hits. Most of us view exercise as just a way to burn calories and maintain our weight, but there are so many other great benefits that come with exercising regularly. Some of those benefits include:

- Better Sleep Quality
- Lower Blood Pressure
- More energy to play with your kids and grandchildren
- Less stress and anxiety

We can enjoy all of these benefits while having a good time as well. Find a way to get active that you enjoy. Anything from walking your dog to doing some gardening, or maybe even spending a weekend at the lake to do some kayaking or swimming. Leading a healthier life and enjoying the process is a win/win. If you want to win even more you can also sign up for one of our Seasonal Fitness Challenges to win some Healthy Lifestyle Activity Points and a chance of winning a \$100 gift card! Healthy Lifestyle Activity Points help you work towards discounts on your medical premiums. If you want more info on our Seasonal Fitness Challenge you can find it [here](#).

If the gym is your passion Pima County also offers gym subsidies and discounts as well to make those memberships more affordable. You can find more info about those offerings [here](#).

