



# Healthy Happenings

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## INSIDE THIS ISSUE

- Annual Enrollment Reminder
- Levelhead Changes
- American Stroke Month 2022

## ANNUAL ENROLLMENT FY 2022/23

**Annual Enrollment closes May 13, 2022.** This is the only time that you may make changes to your benefits without a qualifying family status event. In addition, it is the time to complete the following.

- Certify your tobacco-free status
- Review beneficiary, personal and emergency contact information
- Review enrollment options for the new Securian Voluntary Benefits Plan, effective July 1, 2022:
  - Accident
  - Critical Illness
  - Hospital Indemnity

### Things to keep in mind as we approach FY 2022-23:

- Medical, Dental and Vision Plans offered this upcoming plan year remain the same but there are increases to the Aetna Medical and the Delta Dental premiums.
- You will need to re-certify your tobacco-free status for Discount #1 in order to receive the \$20 per paycheck discount.
- Changes are effective July 1, 2022, and will be reflected in your July 8, 2022, paycheck.
- You will be mailed an ID card if you are newly enrolled in medical, dental, or vision.
- If you are enrolled in the Health Savings Account (HSA), Pima County will fund your HSA on a bi-weekly basis based upon your level of coverage.

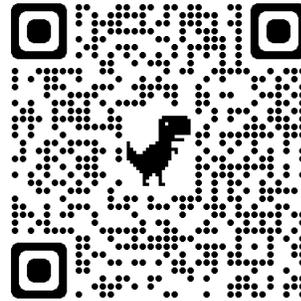
For specific plan details and information, visit the [Annual Enrollment](#) website. To complete your enrollment elections, visit the ADP - [Employee Self Service \(ESS\) portal](#) between April 25, 2022 and May 13, 2022. Questions can be submitted by email to [hrbenefits@pima.gov](mailto:hrbenefits@pima.gov) or call Human Resources Employee Benefits at 520-724-8464.



## Wellness Program Update: Levelhead App Access

Due to some changes in our wellness program, the Levelhead App will no longer be offered as a Pima County employee benefit. New enrollments are now closed and employees who currently have the Levelhead App will have access removed starting May 9, 2022. However, since so many employees have leveraged this program to reduce stress, boost gratitude, improve focus, and increase self-care, the Levelhead team is offering a **SPECIAL REDUCED PRICE to transition to their "Levelhead for Real Life" app.**

**ALL Pima County employees can purchase for just \$5.99 (a 25% discount from current pricing) when they download the "Levelhead for Real Life" App by June 30, 2022.** Just head to the App store or Google Play store and continue to invest in your well-being today! You will find Levelhead's three most popular tracks with over 100 audio micro-lessons to keep your mindfulness journey going. Micro-sessions average just 3-5 minutes and can be listened to anytime, anywhere. Don't miss out!



## Act FAST – May is Stroke Month!

When it comes to a stroke, time lost is brain lost! That is why the American Heart Association urges all Americans to recognize the warning signs of stroke in order to reduce the devastating effects of stroke on our community. If you or someone you know is having a stroke, acting FAST and calling 9-1-1 is important.

Learn the warning signs of stroke and make sure everyone knows that it is safe to call 9-1-1 when you are having a medical emergency – that is what it is there for! This simple acronym, F.A.S.T. will help you remember the signs of a stroke and it will give you the power to potentially save someone's life or reduce disability.



**F A S T**

To remember the stroke warning signs, remember the acronym **F.A.S.T.:**

- **Face Drooping** - Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- **Arm Weakness** - Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **Speech Difficulty** - Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue."
- **Time to Call 9-1-1** - If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get to a hospital immediately. Check the time so you will know when the first symptoms appeared.

Make sure you know the warning signs for [heart attack and stroke](#)! And do what you can to reduce your risk. One of the biggest risk factors for stroke is high blood pressure. Learn more about [monitoring your blood pressure](#).

Acting FAST might just save someone's life in case of a stroke emergency!