



Healthy Happenings

July 2022

Volume 4 | Issue 1

INSIDE THIS ISSUE

- Check Your Paycheck
- New Wellness Platform and Program
- The Active&Fit Direct™ Program Summer Promo



CHECK YOUR PAYCHECK

The Healthy Lifestyle Activity Points you earned from March 2021 – February of 2022 will be going into effect in July, as well as any changes you made during this year’s Annual Enrollment. When you receive your first paycheck in July, make sure you take a look to make sure everything is what you were expecting. If you see any discrepancies in your premium amounts or overall paycheck amount make sure to reach out to Human Resources [Benefits & Wellness](#).

For questions about your Healthy Lifestyle Premium Discounts:

Email: wellness@pima.gov

Call: 724-2792

For questions about your premiums or benefits:

Email: benefits@pima.gov

Call: 724-8464

PIMA COUNTY HAS A NEW WELLNESS PLATFORM COMING IN JULY



Pima County is officially moving to a new wellness platform! In the past everything was housed on our website, and you had to search through multiple webpages and links to see all of our available programs. With our new partner Virgin Pulse, we now have an official Pima County wellness site which will be your one-stop shop to see all of our different programs and benefits we offer to you. You will also be able to login and see your own individual progress towards your premium discounts. Here are some exciting new things that will be available with Virgin Pulse:

- You will be able to login and see all of Pima County's current wellness programs and events, as well as your progress towards your own premium discount.
- You will be able to track your steps and activity daily and earn points! You can synchronize a fitness device to automatically send this information or enter your progress manually.
- You will have access to exciting new programs that can help manage nutrition, increase your activity, or guide you through mindfulness exercises.
- You can set goals for yourself and track your progress. Virgin Pulse will guide you towards programs that will help you achieve your goals. You can also track any biometric measurements you want such as weight, or arm measurements. This is all optional.

With this change in platform, there is also going to be a change in our point structure when it comes to earning your premium discount. We will no longer be using our 50/100/150 point system; however, our goal is to keep your effort level the same for the premium discount previously earned. While the point values themselves will shift, you will find that the new platform provides more ways to earn points and that it is more accessible. A brief overview of our new program can be found [here](#). **Virgin Pulse will be launching in early July.** We will have more information coming about how to earn points in this new system and what it can offer.



Fantastic Fitness Deal!

🏋️ 11,600+ Gyms

🎥 7,600+ On-Demand Videos

Standard Membership: \$25/mo (+ applicable taxes)

To Waive Your Enrollment Fee, Enter Promo Code:
SUMMERSAVINGS

There are **NO** other fees and **NO** long-term contracts

Plus:

🏠 Membership options for your spouse¹

🌟 Premium Membership Options² also available at exercise studios, outdoor programs, and others with 20%–70% discounts at most locations

Reminder: enter promo code SUMMERSAVINGS before August 31 to waive the \$25 enrollment fee.³

Get Started: [https://intranet2.pima.gov/departments-intranets/human-resources/discounts-vouchers-and-consignment/](https://intranet2.pima.gov/departments/intranets/human-resources/discounts-vouchers-and-consignment/)



11,600+ standard gyms including:



5,000+ premium studios including:



¹ Add a spouse/domestic partner to a primary membership for additional monthly fees. Spouses/domestic partners must be 18 years or older. Fees may vary based on fitness center selection.

² Costs for premium exercise studios exceed \$25/mo. and an enrollment fee will apply for each premium location selected, plus applicable taxes. Fees vary based on premium fitness studios selected.

³ \$25 enrollment fee waived for the standard fitness centers only from 7/1/22 - 8/31/22 11:59 p.m. PT.

M969-248J 5/22 © 2022 American Specialty Health Incorporated (ASH). All rights reserved. The Active&Fit Direct™ program is provided by American Specialty Health Fitness, Inc., a subsidiary of ASH. Active&Fit Direct and the Active&Fit Direct logos are trademarks of ASH. Other names or logos may be trademarks of their respective owners. Standard fitness center and premium studio participation varies by location and is subject to change. Digital workout videos are subject to change. ASH reserves the right to modify any aspect of the Program (including, without limitation, the Enrollment Fee(s), the Monthly Fee(s), and/or the Introductory Period) at any time per the terms and conditions. If we modify a fee or make a material change to the Program, we will provide you with no less than 30 days' notice prior to the effective date of the change. We may discontinue the Program at any time upon advance written notice.