



HEALTHY HAPPENINGS

August, 2013

Contact Us

Employee Wellness
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[Employee Wellness website](#)

3 Simple Steps To Wellness

Need one more reason to sign up for the on-site biometric screening? How about fifty?

A **\$50** gift card that is.

Between now and September 27, 2013 you can earn a \$50 gift card proved by Aetna for completing the following requirements:

- Be an Aetna-covered employee and main policy holder.
- Participate in the on-site biometric screening.
- Complete the Aetna online Health Assessment
- Complete an online wellness consultation.

[More Details](#)

Biometric Screening Event

There is still time to schedule your on-site biometric screening. New morning appointments have been scheduled and walk-ins are welcome if space is available. The health screening is voluntary and completely confidential.



Event Spotlight:

- 15 minute health screening to check HLD, LDL, total cholesterol, glucose, blood pressure and BMI
- Giveaways and raffle prizes, including a \$500 gift card just for attending
- Healthy snacks
- Health and wellness information

Healthy Breakfast Ideas

- *An egg white omelet*
- *Turkey sausage*
- *Peanut butter on whole-wheat toast*
- *A handful of almonds or mixed nuts*

Please remember this is a **fasting** event. Continue to take any prescribed medications and if you must eat, please choose a healthy breakfast limiting foods containing sugar and saturated fats.

You may drink water or black coffee, but please refrain from sodas, teas, and coffee additives like sugar and creamer.

Appointments are filling up fast, so schedule your screening today. Walk-ins are welcome if space is available. To schedule your on-site biometric screening visit the [Summit Health online appointment scheduler](#) or call (520) 724-8464.

[More Details](#)

Am I Hungry?

Eating is truly one of life's simple pleasures. So why do so many people feel guilty about it? Face it. Food issues aren't just about what you eat, but why you're eating in the first place. If you're not eating to satisfy hunger, then why are you eating? Are you eating in response to other triggers, perhaps the time of day, appetizing food, boredom, or stress? Is food meeting





Don't miss the monthly
Online Presentation & Quiz

Step Out to Stop Diabetes

October 6, 2013

Rillito Downs
4502 N. First Ave,
Tucson AZ 85728

Registration: 8:30am

Walk Begins: 9:00am

Each loop around the race
track = 1 mile

[More Details](#)

Free Diabetic Cookbook Recipes

*Provided by the
American Heart
Association*



*Congratulations
to the July
Wellness Winners*

other needs for you? Is that why you can eat too much but still not feel completely satisfied? Could this be the reason you've been struggling with your eating? Could this be the reason that diets just haven't worked for you (or most other people)?

If you are struggling with food, eating or weight issues, you may be interested in joining the 8-week, on-site **Am I Hungry?® Mindful Eating Workshops.**



As a participant you will:

- Increase self-efficacy
- Re-establish hunger as the primary cue for eating
- Increase awareness of satiety for "portion control"
- Recognize and address triggers for overeating
- Balancing eating for nourishment with enjoyment
- Build sustainable healthy lifestyles
- Eat mindfully with intention and attention
- Discover vitality and joy in physical activity
- Care for the whole self – body, mind, heart & spirit

This program is valued at \$95 per employee and is free to all Pima County employees. Space is limited, so register today.

More Details

Step Out to Stop Diabetes

Enjoy the beautiful Arizona weather in the fall and join the cause. Come out on October 6th at the Rillito Downs race track to walk with other Pima County employees to stop Diabetes. We invite



 American Diabetes Association.

you to walk around the track as many times as you would like - each lap around is approximately 1 mile! So bring your walking shoes and join us for a fun-filled family-friendly day featuring LIVE music and entertainment and a fun 80s theme! Registration begins at 8:30 a.m. with the walk beginning at 9:00 a.m. Our goal is to raise a total of \$1,000 for the American Diabetes Association.

As a team, united in our desire to Stop Diabetes, we are asking for your support. Please make a donation or join the Pima County Cares team. When we bring together dedicated team members and kind donors, the power we have as a group far outweighs what any of us could do alone.

Earn Healthy Lifestyle Activity Points for participating and/or volunteering at Community Events.

Learn more [here](#).

More Details