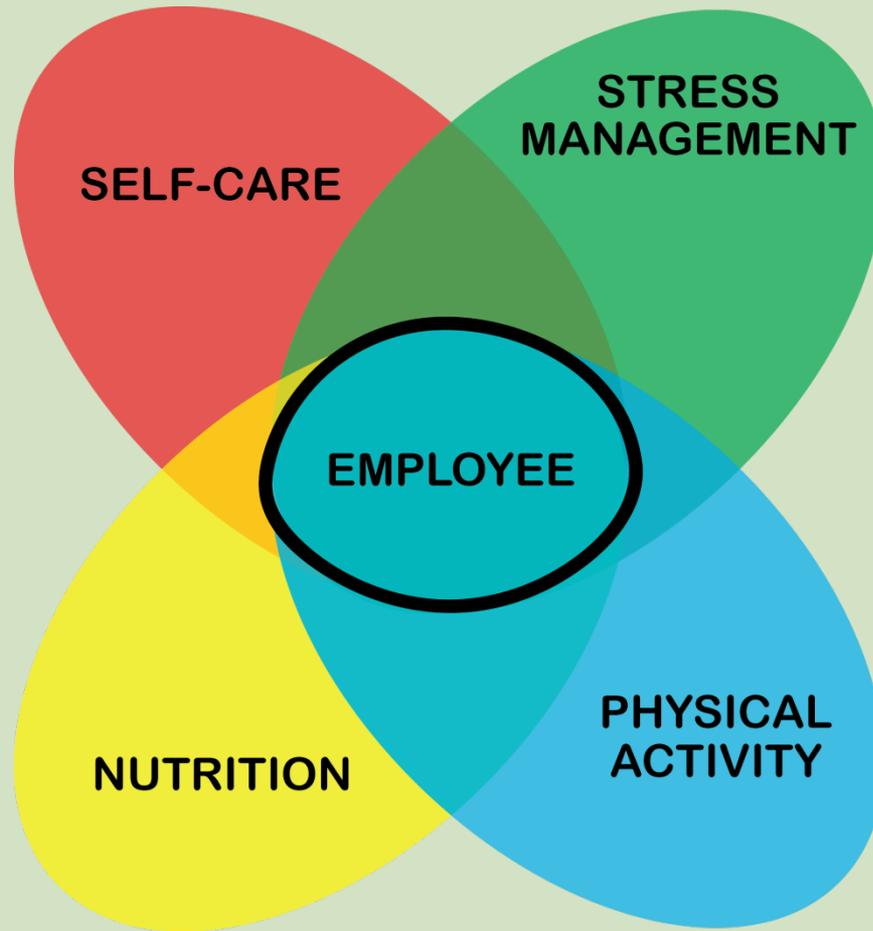


# W Wellness Works







# SCREENINGS

SELF-CARE

# Mobile On-Site Mammography (MOM)

- Free to Female Employees
  - 40 years of age & up
  - Enrolled in a County-sponsored Cigna medical plan
- Obtain your mammogram exam on-site
  - It's convenient, quick & easy!
- At various work locations
  - By appointment only
- Results are mailed to your home address
- MOM also accepts other insurance



# Prostate On Site Project (POP)

- Free to Male Employees
  - 40 years of age & up
  - Enrolled in a County-sponsored Cigna medical plan
- At various work locations
  - By appointment only
- Prostate Specific Antigen (PSA) blood test & Digital Rectal Exam
- Results mailed to home address



# Blueprint For Wellness

- Available to Employees
  - Enrolled in a County-sponsored medical plan
  - Only 1 participation within a 12 month period
- More than 30 lab tests
  - Comprehensive fasting blood test
  - Optional Prostate Specific Antigen test (males 40 & over)
- Personal Lab Report
  - Available online
  - Mailed to your home



# Biometric Screening

Free to employees enrolled in a County-sponsored Cigna medical plan

- Consists of:
  - Personal health history
  - Measurements for height, weight, waist circumference, body fat - composition, body mass index, cholesterol & glucose levels, and blood pressure
  - Non-Tobacco Use Saliva Test
  - One-on-one Health Coaching session
- Save up to \$240 per year on medical insurance premiums
- Complete within 45 days of your benefits effective date for retroactive premium reduction
- Screenings completed after 45 days will receive premium reductions prospectively, starting with the next pay period following completion



# Biometric Screening: Two Options

## Two Options:

- ✓ **Cigna CareToday**
  - NW corner of Central & Adams
  - No appointment required at the walk-in clinic
  
- ✓ **County Work Sites**
  - Admin Building (suite 160)
  - Flood Control
  - Mesa (SE Facility)

## Process:

- ✓ Present Cigna ID card or copy of Confirmation Page from Benefit Enrollment System
- ✓ Immediate results for Biometric Screening. Health Coach is available to review results

# Health Assessment

- Available to Employees
    - Enrolled in a County-sponsored Cigna medical plan
  - Voluntary online questionnaire regarding your health & lifestyle
  - Information regarding biometric measures such as weight, blood pressure & cholesterol levels
  - Save up to \$240 per year on your medical insurance premiums
- ✓ Complete within 45 days of your benefits effective date for retroactive premium reduction
  - ✓ After your enrollment information has been received and processed by Cigna
    - ❖ About 10-14 days after your enrollment in the Benefit Enrollment System has been completed
  - ✓ Use your Cigna ID card to register for your MyCigna.com account
  - ✓ Take your Health Assessment online at [www.myCigna.com](http://www.myCigna.com)



# Non-Tobacco User Premium Reduction

- Available to Employees
  - Enrolled in a County-sponsored Cigna medical plan
  - Non-Tobacco Use Household for a minimum of 6 months
- Saliva testing is available:
  - During your biometric screening, or
  - Cigna CareToday Clinic (first come, first served)
- Save up to \$240 per year on your medical insurance premiums

## If you are a current tobacco user:

- ✓ Enroll in and complete the Quit Tobacco Program.
- ✓ Non-Tobacco User Premium reduction begins when you begin the classes.
- ✓ Six months re-take



# NEO Biometric Screening Opportunity

## Screening Schedule:

- <https://www.summithealth.com/Maricopa>
- 1.877.304.7055
  - Wednesday, June 19, Administration 301 W. Jefferson Suite 160,
  - Thursday, June 20, Flood Control 2801 W. Durango Sunny Cove/Cave Butte (FCD Ops)
  - Friday, June 21, SE Facility 222 E. Javelina Jury Assembly room





# HEALTH MANAGEMENT

SELF-CARE

# Quit Tobacco Program

- Six-week group class at a worksite location
- Employees & Covered Dependents
  - Enrolled a County-sponsored Cigna medical plan
- Receive up to a maximum of \$500 per plan year for tobacco cessation products

## Enrolled in the Choice Fund Medical Plan

- Pay full price for tobacco cessation products & submit receipts to Employee Benefits Division for reimbursement

- ✓ Eligible for the Non-Tobacco User Premium Reduction when classes begin
  - If you quit smoking & your Covered Dependents have been tobacco-free for six consecutive months
- ✓ Six months after completing the program
  - Take & pass the saliva test to continue receiving the premium reduction

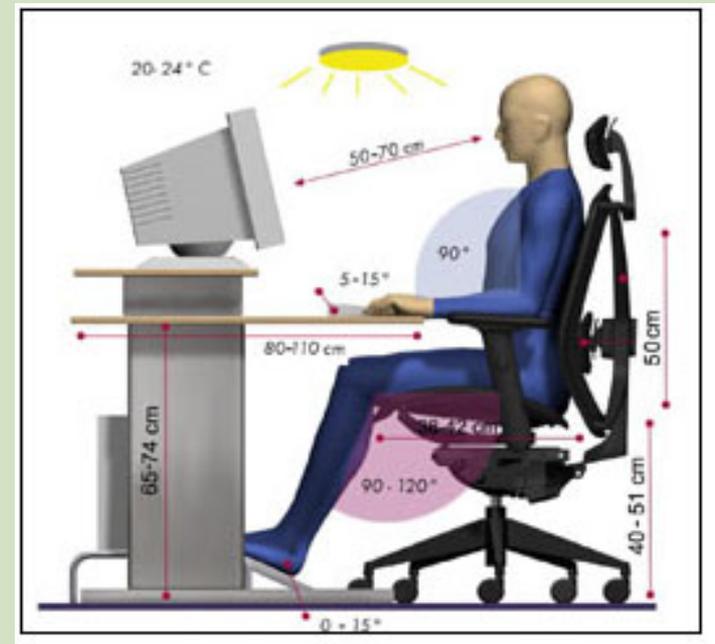


# Ergonomics

## The Ergonomic Specialists can:

- Perform individual ergonomic evaluations.
- Perform walk-through worksite evaluations.
- Lead training discussion.
- Consult for purchase of furniture, lighting and seating.
- Perform a job analysis.

- ✓ Submit an individual or project request form.



# Ergonomists Team



**Michael Rubino**



**Ronda Moriarty**



# 24-Hour Health Information Line

- **Employees & Covered Dependents**
  - Enrolled in a County-sponsored Cigna medical plan
- **Call (800) 564-8982**
- **Speak to a nurse at any time for:**
  - Answers to your questions
  - Suggestions for helpful home care
  - Assessment of symptoms and direction to the most appropriate care
- **Access to Health Information Library**



# Your Health First

- **Health Coaching For Your Chronic Health Condition**

Asthma

Low Back Pain

Osteoarthritis

Diabetes

COPD

Cardiac Concerns

Behavioral Concerns:

- Depression, Anxiety, Bipolar Disorder

- **Call Your Health Advocate: 1-855-246-1873**

- **Free to Employees**

- Enrolled in a County-sponsored Cigna medical plan



# Cigna On-Site Services

- **Fulltime Onsite Health Coach**
  - Administration Building, 1st Floor
  - Flood Control
- **Health Coach to Help With:**
  - High Blood Pressure
  - Weight Management
  - Nutrition
  - Physical Activity
  - And more
- **By appointment only**
  - 602-372-8802
  - Heather.Lehman@cigna.com



Heather Lehman



# Diabetes Management Program

- **Employees & Dependents**
  - Enrolled in the Co-Insurance pharmacy plan
  - Diagnosed with diabetes
- **Free diabetic medication & supplies for 1 year**
- **Reimbursement for up to 4 diabetes-related office visit co-pays**
  - Submit documentation to Employee Benefits within 90 days of updated authorization
- **Program Requirements**
  - Meet 8 measures to qualify
  - Renew annually
  - Submit renewal requests within 90 days of program completion



# Weight Watchers at Work

- Available to County Employees and/or Spouse
  - 10-week Course
  - \$130/course
  - At various work locations
  - Includes program materials
    - Portion Control
    - Mindful Eating
    - Lifestyle Changes

Plus: Attend Weight Watchers at a community location with your covered dependents

## Wasting Away Incentive

- Employees & Covered Dependents (ages 10 & up)
  - ✓ Enrolled in a County-sponsored Cigna medical plan
  - ✓ Attend 8 of 10 Weight Watcher classes
  - ✓ Lose 10 pounds
    - In 10 consecutive weeks
  - ✓ Receive \$120 reimbursement via paycheck

- ✓ Submit request for incentive within a 90-day period following the completion of the 10-week session



# Flu & Pneumonia Immunizations

- Free to Employees & Covered Dependents
  - Enrolled in a County-sponsored Cigna medical plan
  - Provided in-network only
- Offered during the fall season at:
  - Various onsite work locations
  - CMG Flu Shot clinics
  - Cigna CareToday Clinics
  - Walgreens pharmacies & Take Care Clinics
  - Your physician's office

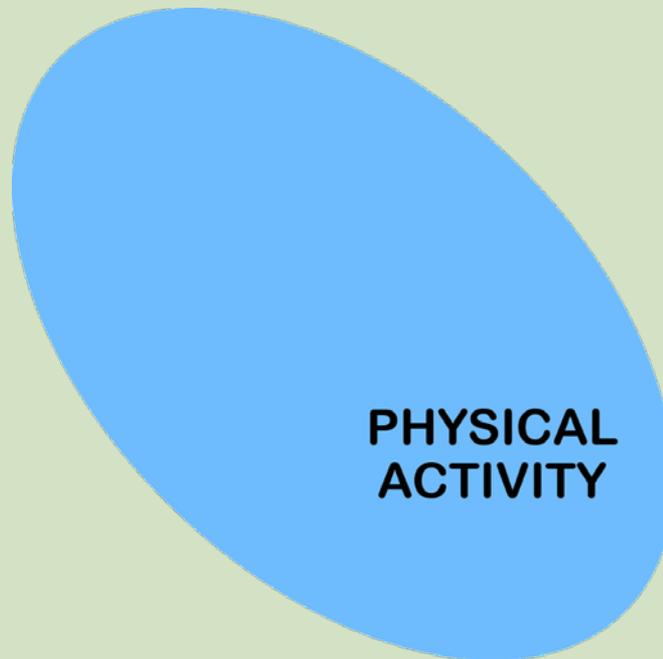


# Healthy Pregnancies, Healthy Babies Program

- Free Comprehensive Maternity Support Program
  - Employees & Covered Dependents
  - Enrolled in a County-sponsored Cigna medical plan
- Education
- Assessment
- Care Plan
- Completion Incentive
  - \$150 if enrolled in first trimester
  - \$75 if enrolled in second trimester



# Employee Wellness Program



# Fitness Center Administration Building

- 301 W. Jefferson St. Suite B70 (basement) & Group Exercise Studio
- Open 24-Hours/7 days
- Locker Rooms (showers/lockers)
- Weights and Cardio Equipment
- Free for all employees
  - Complete Fitness Center Enrollment Form



# Fitness Center Durango Complex

- MCDOT Operations (cardio)
- Flood Control (strength training)
  - Open 24-hours/7 days
  - Locker rooms (showers/lockers)
  - Free to all employees
    - ✓ Complete Fitness Center Enrollment Form



# Fitness Coordinator



Jan Hertzfeld



# YMCA Wellness Program



- Employees & Dependents
  - All employees get a discount
  - Greater discount if enrolled in a County-sponsored medical plan

- Membership Fees
  - Payroll deduction
  - 24 deductions/year

- Sign up & Use Any

## Valley of the Sun YMCA

- County ID Badge
- Cigna Medical ID Card
- Employee ID Number

## County Rate

|   |              |
|---|--------------|
| Employee Only   | \$24/month   |
| Family I  | \$44/month   |
| ○ Employee + Children under age 18 living in same household         |              |
| Family II   | \$51/month   |
| ○ Employee + Adult + Children under age 18 living in same household |              |
| Child Care  | 15% discount |
| \$100 Joining Fee   | Waived       |



# Employee Wellness Program

**STRESS  
MANAGEMENT**



# EAP (Employee Assistance Program)

- Offered by Magellan
- An employer-paid benefit for all active employees
- Provides short-term counseling for both personal and work-related issues.

## **Services Include:**

- **Counseling** : Your EAP benefit provides up to eight individual counseling sessions for you and your dependents per person, per problem, per year.
- **Legal Consultation**: Your EAP provides legal consultation services.
- **Financial Counseling** : Your EAP also includes services to help you reach your financial goals.

For more information contact Magellan at 1-888-213-5125

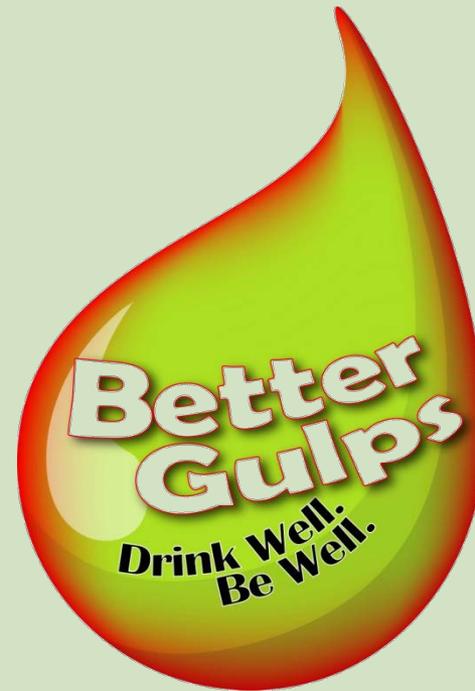


# Employee Wellness Program

**NUTRITION**



# Healthy Vending



# Learning Opportunities

Wellness Activities | May 13 - May 26, 2013



To subscribe to Wellness Works, click [here](#).

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- [EDUCATIONAL OPPORTUNITIES](#)
- [FITNESS](#)
- [ENERGY BALANCE](#)
- [ERGO CORNER](#)
- [NUTRITION](#)
- [COMMUNITY](#)

## UPDATES

### Employee Health & Fitness Month

Maricopa County's Wellness Works is celebrating Global Employee Health and Fitness Month during the month of May. We have created a Wellness [Health Pledge and goal sheet](#) with some suggestions and steps to take to help you improve your health. We will also send you periodic motivational tips during the month if you sign up [here](#).

We are encouraging every employee to walk A-K A-Day in May (1 K = .625 miles, 1,250 steps a day, or 12 minutes of walking.) Start walking NOW, and keep walking until Wednesday, June 5th when you can walk the final K at a culmination event with your co-workers and County Manager Tom Manos.

The culmination event will feature fun and fitness for all! It will start promptly at 11:30 a.m. on June 5th outside the 301 W. Jefferson building with a .625 mile walk. After the walk Mr. Manos will address the crowd, and there will be battling ropes and Zumba demonstrations. Bring your lunch and join in the fun. If you can't make the trek downtown, start your own K Club and walk a K with your co-workers at 11:30 on June 5th.

For more information on Global Employee Health and Fitness Month, watch the County Conversation on the [EBC](#) with Tom Manos and Julie Garcia, Wellness Supervisor.

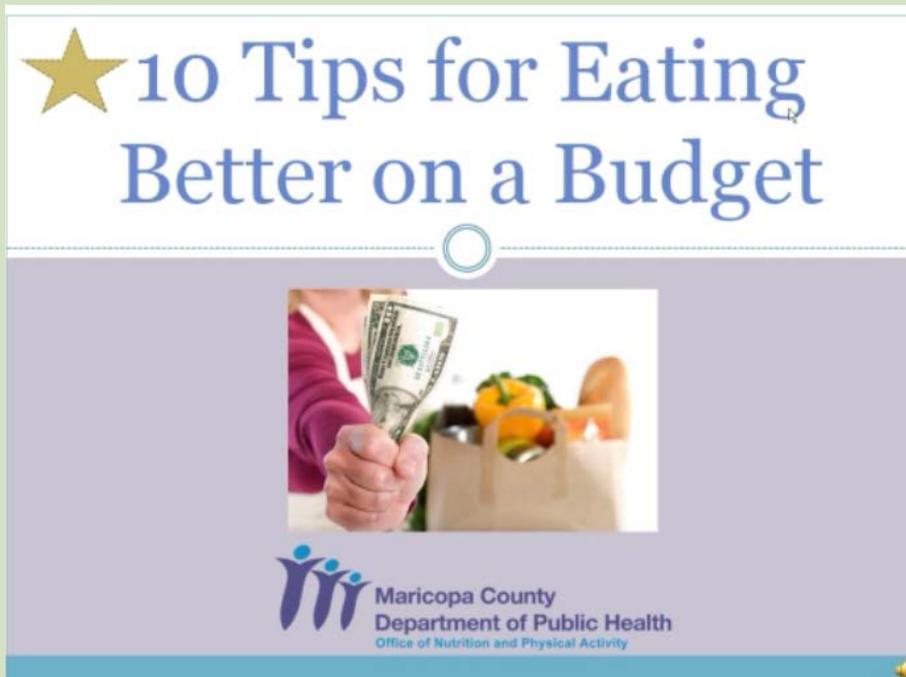


## Wellness Works Newsletter

Subscribe at:

<http://ebcportal.maricopa.gov/Pages/default.aspx>

# Learning Opportunities



**Webinars**



# Questions?



**602.506.1010**

**[BenefitsService@mail.maricopa.gov](mailto:BenefitsService@mail.maricopa.gov)**

