

MAYO CLINIC Health Assessment

August 20th through January 29th

www.bewellstaywell.az.gov

wellNEWS

Take the Mayo Clinic Health Assessment Today!

- Log on to www.bewellstaywell.az.gov
- Complete the registration by entering in your Employee Identification Number (EIN), a unique email address, and some basic information.
- Receive an email confirmation of registration.
- Follow the email link to the web portal to log in and take the Health Assessment



- Build skills to help change behavior and improve health
- Increase motivation and self-confidence

Reasons to Log in Now!

The Mayo Clinic Health Assessment offers an opportunity to begin making healthy lifestyle choices and improve your overall well being. The Health Assessment is a confidential tool that gathers information designed to help prioritize and guide your health choices. When you take the Mayo Clinic Health Assessment, you can become knowledgeable about your health and may learn new strategies to improve your health status. An Action Plan which summarizes your results will be generated immediately after completion of the Health Assessment.

EmbodyHealth Coaching

Participants who complete the Health Assessment questionnaire may also be eligible to receive FREE EmbodyHealth Coaching from the Mayo Clinic. The Coaching programs offer confidential counseling based on your personal health goals. During the program your Coach will work to help you:

- Understand the impact of choices that affect your health
- Identify barriers that prevent you from changing health habits

The Lifestyle Coaching program has 5 programs to choose from: Fitness, Nutrition, Weight Management, Tobacco Cessation,

and Stress Management. Each program has three levels of intervention aligned with the severity of your health weaknesses; self managed, moderate and intensive. The EmbodyHealth Coaching program may be 9 months for the intensive model and 6 months for the moderate version. Participants will be engaged through telephone calls, secure e-mail, print educational materials, or via web using "My Coach." Also, participants are able to call their lifestyle coach with any questions or barriers that arise during the course of the program.

Questions?

Visit the Wellness website at www.benefitoptions.az.gov/wellness for more information or call Wellness at 602-771-9355. Having difficulty logging on or registering to take the Health Assessment? Email login@mayoclinic.com , and a member of the Mayo Clinic technical support team will assist you.

REMINDER:

All benefit-eligible State employees and their dependents are eligible to take the Health Assessment

ADOA Benefit Options Wellness

2009 Flu Vaccine Program



October 1 — December 18

With flu season quickly approaching, Benefit Options Wellness is once again offering **FREE** influenza vaccinations to all State of Arizona employees and Benefit Options Members (retirees, spouses, and dependents over 9 years of age). The flu shot campaign will not be providing the H1N1 (Swine Flu) vaccination at any of the scheduled locations. The Center for Disease Control is still recommending people receive the annual flu vaccine to protect against the flu virus. Therefore, all eligible individuals can receive **FREE** flu immunization through one of the two options below:

All eligible individuals may receive a **FREE** flu shot from one of the following options:

- State worksite events — (covered 10/1/2009 thru 12/18/2009)
- Healthwaves' public clinics — (covered 9/14/2009 thru 12/18/2009)

In order to receive a flu vaccine please bring the following items to the flu clinic of your choice:

- The Employee Identification Number (EIN) of the State of Arizona employee
- An Benefit Options insurance card or State ID badge
- A photo ID

Specific dates and times for work site events will be available on the Benefit Options Wellness website www.benefitoptions.az.gov/wellness by September 14, 2009. The Healthwaves public flu clinic schedule is posted on their website at www.healthwaves.com. Please review the websites frequently as schedules are subject to change.

For other flu vaccine questions, call the Benefit Options Wellness line at 602-771-9355 to speak with a member of the Wellness team.

Fight the Flu

Stay Home if You Are Sick

When the alarm goes off and you open your eyes in the morning to begin your day, if your head is throbbing, your throat is sore, you ache all over, and you have a fever of 101.1° F – STAY HOME. You took all the precautions, but the flu is going around and your co-workers have been ill too. It is best to stay home rather than go to work and risk infecting others.

In these difficult times with fewer employees and heavier work loads it is very important to avoid spreading illness to other employees. It is best to take care of your health by staying home, getting rest, drinking water, and taking proper medications to control your symptoms. The Center of Disease Control, CDC, is telling employers that one of the best ways to reduce the spread of influenza is to keep sick people away from well people. The CDC recommends that you stay away from work until you have been without a fever for at least 24 hours, without the use of fever-reducing medications.

Advice from Risk Management

Mira Dobson, State Risk Management Occupational Health Manager, states: "During flu season it is especially important to remember social courtesies if you are sick. We all know about sneezing and coughing into our elbows (don't forget to wash your arm and your clothing after doing so). One of the best protections is to wash your hands frequently and thoroughly with soap and water or an alcohol-based rub, especially after coughing, sneezing or blowing your nose. The biggest social courtesy you can promote is to stay home when you are ill. Do not carry your illness to the grocery store, the mall, the bus, your child's school, and most important, to work. You can count on this: for every employee who comes in to work with the flu, 2 - 5 others will get sick. This can quickly decimate an entire work group." Do your part to protect others.

You can get updated information at www.CDC.gov and specifically at <http://www.flu.gov/>

Mini Health Screening at Work

All State employees and Benefit Options members are eligible to participate in mini health screenings.

The basic screenings are **FREE** and optional screenings are priced as indicated:

- Height & weight; BMI; blood pressure; and percent of body fat (body composition).
- Cholesterol and blood sugar (**8-hour fasting is recommended**)
- Free osteoporosis screening for women 40 and older. \$30 for women under age 40.
- \$5 PSA screening (blood draw) for men 40 and older. \$42 for men under age 40.

You will need your Employee Identification Number (EIN) and Insurance card for this event.

Sept. 21st — PSPRS, Phoenix
3010 E. Camelback, ste 200
(730am-930am)

Sept. 30th — DOT, Kingman
3660 E. Andy Devine Ave.
Kingman Dist. Training Ctr.
(9am-12pm)



No appointment necessary. These screenings are done on a first come, first serve basis.



"Early detection is the best defense we have at this time for catching breast cancer in its earliest stages," says Catherine Midgette, Executive Vice President of MOM. "If we find the cancer in its earliest stages, the patient has a 97 percent survival rate." Mobile On-Site Mammography (MOM) travels to perform mammography screenings at worksites across Arizona.

MOM will directly bill insurance. Benefit Options health plan members do not have to pay a copay at these events. (Other insurance plan members may have a copay. Check with your insurance's member services department for more information.) **Call MOM at 480-967-3767 to schedule your appointment.**

This service is generally provided on a request-basis. Call MOM at 480-967-3767 or 1-800-285-0272 to schedule this service at your worksite. There is a minimum of 25 people required. The MOM van will be parked outside the following locations:

September 21 — DHS, Phoenix
150 N. 18th Ave
8am — 5pm

September 30 — DOR, Phoenix
1600 W. Monroe
8am — 5pm

What Services & Programs are Offered by Benefit Options Wellness?

The Wellness website has the complete list of screenings, classes and other programs available for request and scheduling at State worksites.

Wellness events are requested and coordinated by State employees at worksites. If you are interested in hosting a program at your worksite, visit the Wellness website at www.benefitoptions.az.gov to view what is available and learn what Wellness has to offer.

Event requests must be submitted online by clicking this logo:



Complete the brief form, including contact information and the event requested and hit submit! A Wellness team member will reply to your request and begin scheduling your event.

Log on Today!



Take advantage of the many programs and services to keep employees healthy

Created and published by ADOA , Benefit Options Wellness Program

100 N 15th Ave, Suite 103 Phoenix, AZ 85007

www.benefitoptions.az.gov/wellness

email: wellness@azdoa.gov, phone 602-771-9355

Persons with a disability may request accommodations by contacting the ADOA Benefits Office. If you need this issue in alternate format, please call 602-771-9355

benefit options
wellness!
Be Well Stay Well.