

# Mayo Clinic Health Assessment

## Take the Mayo Clinic Health Assessment Today!

- Log on to [www.bewellstaywell.az.gov](http://www.bewellstaywell.az.gov)
- Complete the registration by entering 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



- Understand opportunities to positively affect your health
- Build skills and set goals to change lifestyle habits
- Increase motivation and self-confidence

EmbodyHealth Coaching has 5 programs to choose from: Fitness, Nutrition, Weight Management, Tobacco Cessation, and Stress Management. Each program has three levels of intervention; 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 the 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](http://www.benefitoptions.az.gov/wellness) for more information. Having difficulty logging on or registering to take the Health Assessment? Email [login@mayoclinic.com](mailto:login@mayoclinic.com), and a member of the Mayo Clinic technical support team will assist you.

## 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. A personal report 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:

## REMINDER:

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

## MINI HEALTH SCREENING CAMPAIGN

To support the Health Assessment Program which opened April 4, 2011, Benefit Options Wellness has organized a Mini Health Screening Campaign across the State.

**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 (fasting and non-fasting available)
- Free osteoporosis screen for women 40 and older. \$30 for women under age 40.
- \$5 PSA screen (blood draw) for men 40 and older. \$42 for men under age 40.

*You will need your Employee Identification Number (EIN) and/or Insurance card for these events. No appointments necessary.*

### Schedule of Worksite Screenings:

- April 8 -- **ADOC, Florence**  
4347 E. Butte, Eyman  
6:00am - 9:00am
- April 8 -- **ADOC, Florence**  
305 E. Butte, Florence  
10:30am - 1:00pm
- April 11 -- **ADOT, Prescott**  
1109 Commerce Dr.  
7:00am - 10:00am
- April 11 -- **ADOT, Prescott Valley**  
6989 E. 2nd St.  
11:00am - 1:00pm

April 11 -- **DES, Tucson**  
5441 E. 22nd St.  
8:00am - 10:00am

April 12 -- **Gaming, Phoenix**  
202 E. Earll Dr.  
8:00am - 10:00am

April 13 -- **DES, Gilbert**  
2288 W. Guadalupe Rd.  
8:30am - 10:30am

April 18 -- **Tucson Complex**  
400 W. Congress  
7:00am - 10:00am

April 21 -- **ADOA, Phoenix**  
100 N. 15th Ave  
7:00am - 10:00am

April 22 -- **Game & Fish, Phoenix**  
5000 W. Carefree Hwy  
7:00am - 9:00am

April 25 -- **DES, Avondale**  
290 E. La Canada Blvd  
8:00am - 10:00am

April 29 -- **DOC, Goodyear**  
2014 N. Citrus Rd., Perryville  
6:00am - 9:00am

April 29 -- **DES, Phoenix**  
6633 W. Camelback Rd.  
10:30am - 1:00pm

Additional Mini Health Screenings are scheduled for May and can be found on the Wellness Website at:

[www.benefitoptions.az.gov/wellness](http://www.benefitoptions.az.gov/wellness)

For questions about these screenings please contact our contracted vendor, Healthwaves, directly at 480-968-1886.

# MOM

Mobile On-site Mammography

"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.

**Call MOM at 480-967-3767 to schedule your appointment.**

- April 5 — DEQ, Phoenix**  
1110 W. Washington St.  
7:30am — 5pm
- April 20 — ASU Polytech, Mesa**  
7001 E. Williamsfield Rd.  
7am—11am
- April 21 — DES, Mesa**  
1619 E. Main St.  
8am—5pm
- April 22 — DES, Kingman**  
301 Pine St.  
7pm—11:30am
- April 22 — DES, Bullhead City**  
2601 Hwy 95  
1:30pm - 5pm
- April 26 — ASU, Tempe**  
Apache Blvd & Normal  
1:30pm - 5pm
- April 27 — ASU West, Glendale**  
4701 W. Thunderbird Rd.  
8am—12pm
- April 28 — ASU, Tempe**  
Apache Blvd & Normal  
7am -- 12pm

## Prostate Onsite Projects (POP) Screenings



**Take a Stand Against Cancer...  
It could be the most important  
15 minutes you spend**

The State of Arizona is now offering FREE Prostate Cancer Screenings for benefits eligible, male employees 40 years and older. The POP mobile medical unit takes convenient, 15 minute appointments at your workplace. Maintain your health, schedule your appointment NOW!

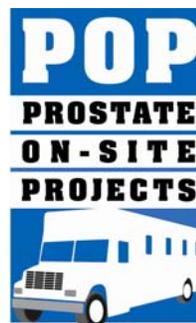
**Appointments required.  
Call Today 480-964-3013**

### What you Need:

- **UnitedHealthcare** and **BCBSAZ/ AmeriBen** members please bring your Benefit Options insurance cards to your appointment.
- **Aetna** and **CIGNA** members and **non-Benefit Options members** please bring your State ID badge and Employee Identification Number (EIN) to your appointment
- **Retired Benefit Options members** please bring your Benefit Options card and your Employee Identification Number (EIN)

### Scheduled Screenings:

**April 13 -- ASU, Tempe**  
Apache Blvd & Normal  
7:30am - 11:30am



# Healthy Recipe

Check out this delicious and health twist on the standard burger.

## GRILLED TURKEY BURGERS

### Ingredients:

- 1 lb ground turkey breast
- 1/4 cup dried bread crumbs
- 1/4 cup chopped onion
- 2 Tbsp fresh parsley, chopped
- 1 1/2 Tbsp Worcestershire Sauce
- 1 tsp Tabasco hot sauce
- 4 whole grain buns
- 4 slices tomato
- 4 slices red onion
- 2 bibb lettuce leaves, halved
- 4 Tbsp ketchup

### Directions:

1. Combine the ground turkey breast, bread crumbs, chopped onion, parsley, Worcestershire sauce and hot sauce in a large bowl. Mix well. Divide turkey mixture into 4 equal portions and form into patties.
2. Prepare a hot fire in a charcoal grill or heat a gas grill or broiler (grill). Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 in. from the heat source.
3. Grill burgers until nicely browned on both sides and heated through, about 7 minutes a side. Serve each burger on a bun topped with 1 tomato slice, 1 onion slice, 1/2 lettuce leaf and a dollop of ketchup.

### Nutrition Information

Serving Size: 1 prepared burger including bun and toppings

Calories:	244
Protein:	17 g
Carbohydrates	29 g
Total Fat	8 g
Cholesterol	59 mg



**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/wellness](http://www.benefitoptions.az.gov/wellness) to view what is available and learn what Wellness has to offer.

Event request forms must be completed and submitted online to [wellness@azdoa.gov](mailto:wellness@azdoa.gov)



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

**Log on Today!**

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

Created and published by ADOA , Benefit Options Wellness Program  
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[www.benefitoptions.az.gov/wellness](http://www.benefitoptions.az.gov/wellness)  
email: [wellness@azdoa.gov](mailto:wellness@azdoa.gov), phone 602-771-9355

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