

# For Your Health & Benefits

From the Arizona Department of Administration  
Human Resources/Benefits Office

January 2003



## Wellness Resource Center

We have many titles in our library catalog on different health and wellness topics. Books, video tapes, and audio cassettes are available to borrow. We also have free brochures and posters that are yours to keep.



May we suggest the following brochures:

- ◆ For Your Eyes Only
- ◆ At Your Desk Exercises
- ◆ What To Do When You Can't Pay Your Bills

The following videos are just in!

- ◆ Tae-Bo II Beginner
- ◆ Tae-Bo II Advanced
- ◆ Windsor Pilates
- ◆ The Firm
- ◆ Zumba Aerobics

If you would like a catalog of all the titles in our library, please call 602-542-4735 (or 1-800-304-3687 outside the 602 area code, press 7, 3 for library). It is a recorded line.

You can also send your library orders through e-mail. You must have internet e-mail.

[wellness@ad.state.az.us](mailto:wellness@ad.state.az.us)

We can also do internet research if the topic is not in the library. E-mail or call to discuss options. Please call for more information.

## Electronic Nutrition Information

Put nutrition in your pocket: Just how much is that portion of lasagna? Or medium French fries? Check the US Department of Agriculture's searchable nutrient database or load it all onto your PDA at:

[www.nal.usda.gov/fnic/foodcomp](http://www.nal.usda.gov/fnic/foodcomp).

## Free Blood Pressure, Diabetes or Body Fat Checks

Arizona Healthways can do them for you; call 602-542-4128 to make an appointment at our offices, located at 100 N. 15th Avenue.

If you have 15 people interested at a worksite, we can come to you; please call for more information! Outside the Phoenix area? You can call us at 1-800-304-3687 (this number is an auto attendant; press 7, 4 for wellness).

## Retirement Seminars

Depending on which retirement system you belong to there are different meetings available. Please call the appropriate office for more information.

Arizona State Retirement System (ASRS)

Phoenix: 602-240-2000

Tucson: 520-239-3100

Outside Phoenix and Tucson, please call 1-800-621-3778.

Correctional Officer Retirement Program (CORP)

All areas: 602-542-5373

## Wellness at Work



Would you like to have a class or screening at your office?

Arizona Healthways offers health education classes and screening delivered at the worksite at low or no cost to you. Most are available statewide.

All of our events are employee initiated, meaning that we provide a class when an employee requests it!



If you are interested in having an event at your worksite, please call 602-542-4775 or 1-800-304-3687 outside 602 area code (this number is an auto attendant; press 7, 4 for wellness).



We can answer any questions about the program for you, plus we can send you a wellness resource catalog or a full list of the classes and screenings we currently offer.

## Another e-mail?

You can get the "Weekly Wellness Tidbit" delivered to your e-mail box. You must have internet e-mail to be included. E-mail us to get on the list:



[wellness@ad.state.az.us](mailto:wellness@ad.state.az.us)

## Mini-Health Screening with Osteoporosis Screening

Any State Employee is Welcome!

Free Mini-Health screening includes:

- ▼ Blood Pressure and Percent of Body Fat Check
- ▼ Height/Weight/Frame Size Assessment
- ▼ Cholesterol and Blood Sugar Check (blood draw)
- ▼ Personal & Confidential report mailed to your home

The above screening is on a first-come, first-served basis, and takes between 5 and 15 minutes.

**An 8 hour fasting period before this screening is required.**



**Men 40 and over** can get a prostate cancer (PSA) screening exam by blood draw.

**Women age 40** and over and post-menopausal\* women under age 40 are eligible for a **free osteoporosis** screening. Screening takes as little as 10 minutes and there is no appointment necessary. People who do not meet these qualifications can also have an osteoporosis screening for a co-pay of \$30.00.

**\*Postmenopausal means you have completed "natural menopause" or you have had both ovaries surgically removed.**

If you have any questions, or are interested in having screening at your worksite, call us! Inside 602 area code: 602-542-4128, outside the 602 area code: 1-800-304-3687 - press 7, 2 for wellness.

**Upcoming locations listed below:**

**Safford-** Wednesday, January 8, 2003  
8:00am-10:00am Dept. of Corrections  
State Prison Safford Graham Unit  
Visitation

**Phoenix-** Tuesday, January 14, 2003  
8:00am-10:00am Dept. of Economic  
Security 3310 N. 19th Ave.  
Conference Room

**Phoenix-** Wednesday, January 15,  
2003 8:00am-9:00am UA Phoenix  
Office 4001 N 3rd St. #415  
Conference Room

**Buckeye-** Thursday, January 16, 2003  
8:00am-10:00am Dept. of Corrections  
Prison Complex Lewis Training  
Building Large Classroom

**Phoenix-** Wednesday, January 22,  
2003 8:00am-11:00am Attorney  
General's Office 15 S. 15th Ave.  
Conference Room A

**Phoenix-** Tuesday, January 28, 2003  
7:30am-10:00am Dept. of  
Administration 100 N. 15th Ave.  
Conference Room 300

**Kingman-** Thursday, January 30, 2003  
7:30am-9:00am AHCCCS 519 E.  
Beale Ste. 150

### Mammography Screening

Mobile On-Site Mammography is an accredited mobile facility that will pull up to your worksite no matter where you are in the state and offer mammograms.

Call Mobile On-Site Mammography directly at 480-967-3767 or 1-800-285-0272 to make an appointment, or if your office is interested in having the mammography van at your worksite.

January Locations:

**Phoenix-** Thursday, January 16,  
2003 8:00am-5:00pm State Prison  
Complex Alhambra 2502 E. Van  
Buren

**Phoenix-** Tuesday, January 14, 2003  
8:00am-3:00pm Industrial  
Commission 800 W. Washington

**Phoenix-** Tuesday, January 28, 2003  
8:00am-5:00pm AHCCCS 701 E.  
Jefferson

**Phoenix-** Wednesday, January 29,  
2003 8:00am-5:00pm Arizona  
Supreme Court 1501 W.  
Washington

### Family Mortgage Program

The Industrial Development Authority of the County of Maricopa recently teamed with the City of Phoenix IDA to offer \$30 million to first-time homebuyers. This initial offering is the first phase of a larger program, which will make more than \$100 million available for people in the county over the next year.

Under this program, qualifying individuals or families have been able to take advantage of 30-year fixed loans at a 5.59 percent interest rate. Or, borrowers have the opportunity to employ a 6.19 percent interest rate that includes 4 percent down payment/closing cost assistance. This initial offering will provide mortgages to more than 1,000 homeowners that may otherwise not be able to afford a home.

These funds have been reserved to assist buyers with the acquisition and rehabilitation of houses needing repair, or families purchasing homes in targeted areas. Financing for these fully assumable loans is available on new or existing homes, condominiums, townhouses or manufactured homes on a first-come, first-serve basis.

This offering is a great benefit for state employees, because many of our state employees fall within the income levels. Anyone interested in future bond offerings should contact the IDA for more information. To qualify for a home, annual household incomes must fall within a specified range, and applicants must not have owned a home for at least the last three years, unless the home is located in one of the IDA's "targeted areas." For specific details, call the Single Family Mortgage Loan Program Information Line at (602) 506-7294 or check the Web site at [www.mcida.com](http://www.mcida.com).

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e-mail: [benefits@ad.state.az.us](mailto:benefits@ad.state.az.us)

Phone: 602-542-5008 FAX: 602-542-4744



Persons with a disability may request reasonable accommodation by contacting the Benefits Office. If you need this issue in an alternative format, please call 602-542-5008.

### Back Care

(1 hour)

Whether you work in an office, at home or at a construction site, this presentation will cover back pain prevention and offer techniques and demonstrations on how to avoid developing this painful condition.

**Phoenix-** Tuesday, January 14, 2003  
Noon-1:00pm Dept. of Education  
1535 W. Jefferson 4th Floor  
Conference Room

### CPR and First Aid

(3.5 hours x2)

Adult, child, and infant CPR and the Heimlich Maneuver will be covered. First Aid is a basic program and must be taken with CPR.



(\$6.00 co-pay)

**Phoenix-** Tuesday, January 14 and  
Wednesday January 15, 2003 9:00am-  
12:30pm Dept. of Economic Security  
1717 W. Jefferson Conference Room

**Prescott-** Wednesday, January 22, 2003  
8:30am-5:00pm Arizona Pioneer's  
Home 300 S. McCormick Conference  
Room

### Feldenkrais

#### Awareness Through Movement®

(4 hours)

For people who enjoy learning about themselves and want to relieve pain and tension, this gentle movement method can help increase flexibility, mobility and coordination. (\$15.00 co-pay)

**Phoenix-** 4 Tuesdays, January 7-28,  
2003 11:30am-12:30pm Supreme  
Court 1501 W. Washington

### Laughter Is Good Medicine

(1 hour)

This session takes a look at how laughter, humor and light-heartedness play a medicinal role in our overall well-being.



**Phoenix-** Wednesday, January 29, 2003  
Noon-1:00pm Board of Nursing  
1651 E. Morten Conference Room

## Current Events from Arizona Healthways

State employees and their dependents are welcome to attend **any** of the events listed. State of Arizona retirees are also welcome. Events are free or low cost for employees and retirees. Fees may apply for families at some events.

### Call Arizona Healthways directly at 602-542-4128 to register.

Outside the 602 area code:  
1-800-304-3687 (press 7, 2 for  
registration).

### Please call to assure your registration, as there are space limitations for most events.

You may FAX your registration to  
602-542-4744, addressed to  
Arizona Healthways. When  
FAXing, please include names of  
the people registering, phone  
numbers, and agency names.

**You can also e-mail your registra-  
tion. You must have internet  
e-mail : [wellness@ad.state.az.us](mailto:wellness@ad.state.az.us)**

### Fit & Fast Cooking

(2 hours)

Ted Rogers is back with a new variety of healthy ideas! Class includes a full cooking demonstration. Samples of healthy foods cooked before your eyes will be available. (\$1.00 co-pay)

**Phoenix-** Wednesday, January 15, 2003  
11:00am-1:00pm Arizona State  
Retirement System 3300 N. Central  
Conference Room

**Tucson-** Thursday, January 23, 2003  
11:00am-1:00pm Dept. of Economic  
Security 316 W. Ft. Lowell Conference  
Room

### Tai Chi

(10 hours)

Tai Chi can reduce stress, increase flexibility and vitality. This class is a more traditional format. Phoenix Metro Area Only. (\$40.00 co-pay)

**Phoenix-** 10 Wednesdays, January 8-  
March 12, 2003 Supreme Court 1501  
W. Washington Exercise Room  
11:15am-12:15pm: Beginner class  
12:30pm-1:30pm Int/Adv class

### Vitamins and Minerals

(1 hour)

Confused about whether to take supplements, which ones to take, and how much to take? This basic class will clear up the myths and offer up-to-date information on the role of vitamins, minerals and supplements in good health.



**Phoenix-** Wednesday, January 15, 2003  
11:30am-12:30pm Dept. of  
Administration 100 N. 15th Ave  
Room 204

## Want to Quit Smoking?

Following are some resources that can help!

### Arizona Smokers Helpline



The Arizona Smokers Helpline is a statewide program that offers free and confidential one-on-one telephone counseling, as well as "quit-kit" fact sheets, self-help materials, and referral services.

Call the Arizona Smokers Helpline  
Monday through Friday from  
8:00am-5:00pm at 1-800-556-6222. In  
Tucson call 318-7148.

### Kingman, Lake Havasu, and Bullhead City

The Mohave County Tobacco Use  
Prevention Program is hosting stop  
smoking programs in Kingman, Lake  
Havasu, and Bullhead City.

Each facilitator offers tips and tricks to  
participants interested in quitting all  
tobacco use. For more information,  
call the Mohave County Health  
Department at 928-753-0794 x4217

## Tucson Area Wellness

Arizona Healthways has teamed up  
with the University of Arizona to pro-  
vide Health Education classes and  
Health Screening at State offices in  
Tucson.

If you are interested in programs at  
your worksite, please call the  
University's program, Life and Work  
Connections, at 520-621-2493.

## Current Weight Watchers At Work<sup>®</sup> Classes

Class	City	Location
Weight Watchers-Flagstaff	Flagstaff	397 Malpais
Weight Watchers-AHCCCS-Mesa	Mesa	460 N. Mesa Dr, Ste.101
Weight Watchers-ADOA	Phoenix	100 N. 15th Ave.
Weight Watchers-DEQ	Phoenix	1110 W. Washington
Weight Watchers-Att Gen	Phoenix	15 S. 15th Ave.
Weight Watchers-Supreme Ct	Phoenix	1501 W. Washington
Weight Watchers-DOR	Phoenix	1600 W. Monroe
Weight Watchers-DOC Main	Phoenix	1645 W. Jefferson
Weight Watchers-Nursing	Phoenix	1649 E. Morten
Weight Watchers-PDS	Phoenix	1935 W. Hayward
Weight Watchers-ADOT-1	Phoenix	206 S. 17th Ave.
Weight Watchers-ADOT-2	Phoenix	206 S. 17th Ave.
Weight Watchers-DPS	Phoenix	2102 W. Encanto
Weight Watchers-G&F	Phoenix	2222 W. Greenway
Weight Watchers-ASH	Phoenix	2500 E. Van Buren
Weight Watchers-DOR North	Phoenix	2902 W. Agua Fria
Weight Watchers-Nutrition	Phoenix	2927 N. 35th Ave.
Weight Watchers-DHS	Phoenix	1740 W. Adams
Weight Watchers-DES Osborne	Phoenix	3443 N. Central
Weight Watchers-DES	Phoenix	1990 W. Camelback
Weight Watchers-DES	Phoenix	1522 E. Southern
Weight Watchers-ASVH	Phoenix	4141 N. 3rd St.
Weight Watchers-AHCCCS	Phoenix	701 E. Jefferson
Weight Watchers-Prescott	Prescott	228 Grove Ave.
Weight Watchers-400 Congress	Tucson	400 W. Congress
Weight Watchers-Winslow	Winslow	614 Warren Ave.
Weight Watchers- McKinley	Phoenix	1824 E. McKinley

### January is National Eye Care Month

Below are some helpful hints for taking care of your eyes:

Have a complete eye exam every 1 to 2 years. Most eye diseases can be treated if detected early.

Have a test for glaucoma every 1 to 2 years.

Take extra care if you have diabetes or a family history of eye disease. Have an eye exam every year.

See an eye doctor immediately if you have any loss or dimness of eyesight, eye pain, double vision, extreme redness or swelling of your eye or eyelid.

### Carrier Issues

If you have problems or issues with any past insurance carrier, please call Sydney Standifird at 602-542-5008.



### Get a Massage!

This program is open to state employees and their dependents. The cost is \$10 for a 15 minute massage or \$20 for a 30 minute massage.



The best part is that we come to you! Licensed Massage Therapists from National Stress Station will travel to worksites with at least 15 interested employees (and/or family members). Call National Stress Station at 480-990-1701 to discuss options for having this program at your worksite!

## Weight Watchers<sup>®</sup>

Arizona Healthways has negotiated with Weight Watchers for ten week programs at a cost of \$90, plus \$10 for materials at the first session. Employees and retirees are eligible for the following rates per ten week session:

Weeks 1-10 - **\$30 co-pay**  
Weeks 11-20 - **\$60 co-pay**  
21+ weeks - **\$90 co-pay**

**These rates only apply for State of Arizona "at work" groups. These rates are a one-time, per person benefit through June 30, 2003.**

Spouses and dependents are welcome to attend Weight Watchers classes at a co-pay of \$90 per ten week session, plus a \$10 charge for materials at the first session they attend.

If you are interested in attending a class, please call Weight Watchers to check on available classes. Interested in having Weight Watchers at your office? Weight Watchers will conduct a free introductory meeting at your worksite.

Weight Watchers can be reached at 602-248-0303. Ask to speak to someone in the "At Work" department. Please identify yourself as a State of Arizona employee.