

CONTENT AREA

2013 Mayo Clinic Health Assessment

ANNOUNCEMENT

Sync up to Wellness! Benefit Options Wellness is committed to your health and to helping you achieve your personal goals. As part of your BeWell Benefit, Wellness partners with Mayo Clinic to offer the annual Health Assessment. This year, Wellness teamed with the Arizona State Credit Union to reward members for their health with an Apple iPad giveaway. Log in at bewellstaywell.az.gov through December 13th to complete the online questionnaire and be entered to win one of six Apple iPads and invest in your health.

Start with the Health Assessment to discover how you can be your best and maintain your health for you and your family. Following the questionnaire, you may have access to free Mayo Clinic Health Coaching. The Mayo Clinic health coaches can help you make a healthy change in areas of nutrition, stress management, weight, exercise, and tobacco use. Take the 15 minutes today to invest in your healthy future and be your best.

ISSUED

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