

## CONTENT AREA

### Last Chance to Participate in the 2011 Mayo Clinic Health Assessment

#### ANNOUNCEMENT

The Benefit Options Wellness feature program, the Mayo Clinic Health Assessment, is available until September 30, 2011. For employees who have not yet completed the Mayo Clinic Health Assessment it can be accessed at: [www.bewellstaywell.az.gov](http://www.bewellstaywell.az.gov) . It is open to all active employees and their families for 10 more days, so do not miss your chance to take the first step to a healthier you.

By completing the Health Assessment employees may qualify for FREE Health Coaching in one of the following focus areas:

- Weight
- Exercise
- Nutrition
- Stress
- Tobacco

Log on today at [www.bewellstaywell.az.gov](http://www.bewellstaywell.az.gov) and show you care about your health as much as Benefit Options Wellness does!

#### ISSUED

September 20, 2011