

## CONTENT AREA

2011 Mayo Clinic Health Assessment

## ISSUE/QUESTION

How do employees access the Mayo Clinic Health Assessment?

## ANSWER

The Benefit Options Wellness feature program, the Mayo Clinic Health Assessment, is a valuable resource for employees who want to make positive health changes. The health assessment will identify health risks and provide you with a personal report with helpful information for improving and maintaining your health. The Mayo Clinic Health Assessment link can be found on the Benefit Options and YES websites or you can go directly to [www.bewellstaywell.az.gov](http://www.bewellstaywell.az.gov). It is available to all active employees and their families April 4<sup>th</sup> through September 30<sup>th</sup>. Do not miss your chance to take the first step to a healthier you. By completing the Health Assessment you may qualify for FREE EmbodyHealth Coaching in one of the following focus areas:

- Weight
- Exercise
- Nutrition
- Stress
- Tobacco

Log on today and show you care about your health as much as Benefit Options Wellness does!

## ISSUED

April 4, 2011