

CONTENT AREA

2011 Mayo Clinic Health Assessment

ANNOUNCEMENT

Benefit Options Wellness sent a reminder postcard to employees' homes August 10, 2011 about the Mayo Clinic Health Assessment. The postcard notified employees that the Health Assessment will be available online until September 30, 2011 at www.bewellstaywell.az.gov . A copy of the postcard can be found on the Benefit Options website under Announcements.

A link to the Mayo Clinic Health Assessment can also be found on the Benefit Options and YES websites. The Health Assessment is an opportunity for employees to take the first step to a healthier life. By completing the Health Assessment employees and/or family members may qualify for FREE EmbodyHealth Coaching in one of the following focus areas:

- Weight
- Exercise
- Nutrition
- Stress
- Tobacco

Log on today at www.bewellstaywell.az.gov .

ISSUED

August 15, 2011