

## CONTENT AREA

Be entered to win an iPad – Last Chance

## ANNOUNCEMENT

Time is running out! December 10 is the last day for employees to complete the Mayo Clinic Health Assessment and be entered to win one of the three remaining iPads donated by the Arizona State Credit Union!

Encourage employees to take the Mayo Clinic Health Assessment for a last chance to win. The Health Assessment link can be found on the Benefit Options and YES websites or employees can go directly to [www.bewellstaywell.az.gov](http://www.bewellstaywell.az.gov). This valuable online tool provides a snapshot of your overall health. It is a self-checkup that can be used to talk with a doctor or begin to make positive health changes.

Participants may be eligible to engage in one-on-one, telephonic Health Coaching to make health improvements in the areas of nutrition, fitness, weight, stress or smoking. We want employees to be their best at work and at home; a healthier you is a better you.

For questions call or email Wellness at 602-771-9355 or [wellness@azdoa.gov](mailto:wellness@azdoa.gov)

ISSUED

December 5, 2012