

CONTENT AREA

2012 Mayo Clinic Health Assessment

ANNOUNCEMENT

As part of your BeWell Benefit, Benefit Options Wellness is offering the opportunity to win one of six free Apple iPads. Take the Mayo Clinic Health Assessment from September 3rd, 2012 through December 10th, 2012 and be entered to win. The Health Assessment link can be found on the Benefit Options and YES websites or you can go directly to www.bewellstaywell.az.gov. When employees access this valuable online tool they receive a snapshot of their overall health.

Participants may also be eligible to engage in one-on-one, telephonic Health Coaching to make health improvements through lifestyle change. We want employees to be their best at work and at home; a healthier you is a better you.

Apple iPad prizes were donated by the Arizona State Credit Union. Your BeWell Benefit is a healthy investment.

ISSUED

August 31, 2012