



Be Well in 2018!

- **Quarter 2 Challenges began April 2nd!** Accept **NEW** challenges and start logging HIP points. www.totalwellbeing.az.gov
- **May is Better Hearing & Speech Month!** Hearing Screenings coming to **AHCCCS, ADOT, DES (Chandler) & ADOA!** More information coming soon.
- Here are fun ways to move more while enjoying AZ & log minutes of exercise for HIP points! [Wellness Wonders of AZ](#) and [FitPHX](#)
- Weight Watchers and new lifestyle management programs coming soon!



Did You Know??

- ◆ **Worksite screening schedule is online!** Benefit-eligible employees may attend one free worksite mini-health screening per calendar year. Attend a screening that is convenient for you! [screening schedule](#)
- ◆ **Your ComPsych Guidance Resources** offers no-cost, confidential solutions to life's challenges.
Call: 877.327.2362
Online: guideanceresources.com (Web ID: HN8876C)
App: GuidanceResourcesNow
- ◆ **Remember:** HIP 2018 runs through 12/31/18—accept challenges and log your activities!
Questions?? wellness@azdoa.gov



April eMindful Sessions

Stress Less, Live More:
*Your Body as a Stress Storehouse:
How to Change With Mindfulness*
April 25, 12:00 pm

Weight Balance for Life:
*Decreasing Dependence on Food for
Pleasure*
April 17, 1:00 pm
April 24, 12:00 pm
Register: adoa.emindful.com