



## September 2020 | In This Issue

Rapid COVID-19 Testing, COVID-19 Testing Survey, Flu Shots, ASHLine, Win a Fitbit Charge 3 and more!

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## **BENEFITS NEWS**

### **Rapid COVID-19 Tests Available Weekly**

Appointments are available for Rapid COVID-19 saliva-based testing. The test is easy, painless and fast, and you will receive results in about 24 to 48 hours.

Testing will be available for state employees Tuesday through Thursday at State of Arizona sites in Phoenix and Tucson. **New sites have been added in Tempe, Flagstaff, and Tusayan (Grand Canyon).** Find more information [here](#).



### **We Want Your Feedback On COVID-19 Testing!**

As we continue to offer saliva based COVID-19 testing for state employees, it is important to make sure we are making it as widely available and accessible as possible. Even if you haven't been tested, we would love to hear your thoughts! The [survey](#) will only take a minute or two. Thank you in advance!

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## **Roll Up Your Sleeve!**

## Flu Shots Now Available

Get your flu shot to protect yourself and others! This year, it is more important than ever to get a flu shot. Remember that you need to get a flu shot every year to have a level of protection from the flu. Flu shots are considered preventive and are available at \$0 for all employees and covered dependents on our medical plans. Earn [HIP points](#) for your flu shot. See a full schedule of worksite clinics and public locations on [wellness.az.gov/flushot](https://wellness.az.gov/flushot).



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## Arizona Smokers' Helpline – ASHLine

Ready to quit smoking or chewing tobacco? Just thinking about it? The Arizona Smokers' Helpline (ASHLine) through UArizona can help. Services are free to all state employees, spouses and dependents over 18. You can receive professional, on-going support in English or Spanish. Services include personalized quit plans, medication assistance, quit coaches, interactive web programs, phone counseling, and self-help materials. Earn [150 HIP points](#) for completing the program. To get started, call 1-800-55-66-222, visit [ashline.org](https://ashline.org) or view the [flyer](#).



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## HIP HAPPENINGS

### Health Impact Program - You Can Still Get to 500 Points!

There's four months to go in the 2020 program and there is plenty of time and many opportunities to participate, log your points to "Get to 500" and earn the \$200 annual incentive!

- New users register at [totalwellbeing.az.gov](https://totalwellbeing.az.gov).



- Already enrolled? Simply [log in](#) to access the challenges and log your activities.
- All activities must be completed and logged by December 31, 2020.



### Online Health Assessment Completion Incentive Drawing

Complete the [online Health Assessment](#) this quarter, earn [175 HIP points](#), and be entered into a drawing for a Fitbit Charge 3 Advanced Fitness Tracker.

If you have already completed your online Health Assessment for 2020, your name will be entered into a drawing for a set of React LED Safety Shoe Clips or Mobile Phone Charging Kit. Good luck!

### September Webinars

Our webinars are designed to give you tips you can use to improve your life every day. Earn [25 HIP points](#) for viewing a live or recorded [webinar](#).

- **10 Strategies for Improving Your Finances** | Tues, Sept 15, 11:30 AM - 12:30 PM Arizona Time | [Registration](#) | [Flyer](#)
- **Letting Go of the Things That Hold You Back** | Wed, Sept 23, 11:30 AM - 12:30 PM Arizona Time | [Registration](#) | [Flyer](#)

### IN CASE YOU MISSED IT



### It's Not Too Late!

#### Complete the 2020 Census Today

About [74.4% of Arizonans](#) have responded to the 2020 Census so far. But we need everyone to be counted! The census helps decide the next decade of funding for the things that matter, like education, healthcare, roads and more. Respond now at [azcensus2020.gov](http://azcensus2020.gov), by phone 844-330-2020, or by mail if you received a paper

form. It takes a just few moments to complete. Learn more about the 2020 Census and its impact on Arizona at [azcensus2020.gov](http://azcensus2020.gov).

### **Reminder - Removing Your Former Spouse from Your Benefit Plan**

After a divorce, legal separation or annulment, your former spouse must be removed from your benefit plans regardless of a court order to continue their coverage. Learn more [here](#).

### **Need help coping? Get in touch with ComPsych**

If you are feeling anxiety or stress, we want to remind you of the services of our Employee Assistance Program (EAP) called ComPsych. You and your family members can access these services by calling 1-877-327-2362 or visiting [guidanceresources.com](http://guidanceresources.com). Enter company code HN8876C to register.



### **Update Your Contact Information**

Please make sure your personal contact information is up-to-date to ensure you receive important benefits communications in a timely manner. Visit [hrsystems.azdoa.gov](http://hrsystems.azdoa.gov) > Y.E.S. Portal > Bookmarks > Your Employee Services > Personal Information > Contact Information.

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### **Questions?**

Please contact a Benefit Options representative by phone 602-542-5008, toll-free 1-800-304-3687, by email [benefitsissues@azdoa.gov](mailto:benefitsissues@azdoa.gov) or visit [benefitoptions.az.gov](http://benefitoptions.az.gov). Our office is closed for walk-ins at this time, but we can help you virtually Monday-Friday, 8 a.m. - 5 p.m. Arizona Time, except holidays.

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