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Men's Health Fair June 15, the University of Arizona Online extends education discount to families, and more.

BENEFITS NEWS



Men's Health Week Virtual Kickoff Event June 15

In celebration of National Men's Health Week, June 15-19, the Arizona Department of Health Services and the Arizona Department of Administration's Benefit Services Division are excited to announce a virtual kickoff event on June 15. This year's theme is "The Building Blocks of Men's Health" and will feature seven powerful and diverse [presentations](#) to support you during the COVID-19 pandemic. The topics are:

- Running on E: Adding Energy and Passion to Your Work and Life
- Andropause
- Nutrition for Health at Any Age
- Physical Activity
- When Someone You Love Has Alzheimer's
- Loss & Grief When Life is Disrupted
- Guided Meditation

See the [schedule](#) and [register](#) for this exciting virtual event. Can't make the kickoff event? View the recordings starting June 16 on wellness.az.gov/events.

Earn 50 **HIP** points! Register and complete at least one webinar during Men's Health Week June 15-19. Questions? Contact wellness@azdoa.gov.

HIP HAPPENINGS



Get HIP

The Health Improvement Program (HIP) is an award-winning, voluntary program that allows you to take action, track progress and earn points for a \$200 annual incentive while striving towards better health and well-being. Learn more and enroll [here](#).

2nd Quarter Challenges

The Wellness A-Z "Live Well Now" Challenges offer tools and resources about working from home, coping with stress, relaxation, staying healthy and more during this critical time. To learn more, visit the [HIP portal](#).

June Webinars

Our webinars are designed to give you tips you can use to improve your health and well-being every day. Get 25 HIP points for viewing a [live or recorded](#) webinar.

- [Learning to Relax](#) | Wed, Jun 10, 11:30 a.m. - 12:30 p.m. Arizona Time | [Register](#)
- [Effective Communication](#) | Tue, Jun 16, 11:30 a.m. - 12:30 p.m. Arizona Time | [Register](#)

EDUCATION SPOTLIGHT

The University of Arizona Online offers tuition discount to employees' families

In an effort to be as responsive and helpful as possible in the wake of the coronavirus, the University of Arizona Online is excited to extend the education partnership benefits to spouses, domestic partners and dependents of State employees. Starting today, State employees' families qualify to receive the same 10% tuition discount, application fee waiver, dedicated

**ONLINE +
FLEXIBLE +
AFFORDABLE
WHY WAIT?**

**State Employee
HIGHER EDUCATION
TUITION DISCOUNTS**

benefitoptions.az.gov/highered **ARIZONA**
DEPARTMENT OF ADMINISTRATION
BENEFITS

enrollment support, and world-class education experience as State employees do under the University of Arizona Online/State of Arizona Employee Partnership program. Learn more by visiting benefitoptions.az.gov/highered.

IN CASE YOU MISSED IT

IS YOUR
CONTACT
INFORMATION
UP-TO-DATE?

Update Your Contact Information

Please make sure your personal contact information is up-to-date to ensure you receive important communications about your benefits in a timely manner. You can make changes by visiting yes.az.gov > Your Employee Services > Personal Information > Contact Information.

Questions?

Please contact a Benefit Options representative by phone 602-542-5008, toll-free 1-800-304-3687, by email benefitsissues@azdoa.gov or visit benefitoptions.az.gov. Our office is closed 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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