

July 2020 | In This Issue

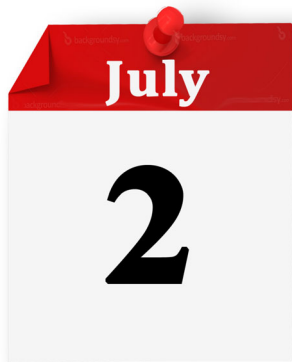
COVID-19 Testing, Benefit Premium Holiday For July 2 Paycheck, WW Virtual Meetings, HIP 3rd Quarter Challenges, and more!

BENEFITS NEWS



COVID-19 Tests Are Readily Available Statewide

The Governor has ordered all health care plans in Arizona to waive costs for COVID-19 testing. If you are tested, it will be provided to you at no cost, including out-of-network providers. COVID-19 tests are readily available across the state. To learn more about testing, please visit benefitoptions.az.gov/covid-19.



Benefit Premium Holiday For July 2 Paycheck

The annual benefit premiums are based on 26 pay periods for the Plan Year. The 2020 Fiscal Year has 27 pay periods, so premiums will not be collected from state wages during the upcoming July 2 paycheck for this premium holiday. Learn more [here](#).

WW Virtual Meetings Start June 24

We are now offering virtual meetings for WW (Weight Watchers)! The program



begins June 24 and is welcoming new members. This opens up a great opportunity for employees who may not have been able to participate in an in-person workplace group due to minimum enrollment requirements.

- Time: Webinar is at 11:15 am weekly on Wednesdays, starting June 24
- Cost: \$38.22 monthly and includes the award-winning WW app
- Contact: Call WW at (602) 248-0303, ext. 122 or visit their [website](#).

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](#).



Halfway There!

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

Q3 HIP Challenges

- Keep on track with your goals by engaging in challenges that focus on Budgeting Your Way to Healthy Food, Water Safety, Resiliency, and Working with Multi-Generations: COVID Edition!
- Participate in the Wellness A-Z "Live Well Now" challenge. This challenge offers tools and resources about working from home or returning to work, coping with stress, relaxation, staying healthy and more, to support your health and wellbeing during this critical time. Learn more at totalwellbeing.az.gov

- Remember: All activities (except the online health assessment, digital health coaching and some challenges) are self-reported. You must accept the challenge and log your completed activities to see your points.

July 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](#).

- **When Someone You Love Has Alzheimer's** | Tues, Jul 14, 11:30 AM - 12:30 PM Arizona Time | [Registration](#) | [Flyer](#)
- **Parenting Toddlers** | Wed, Jul 22, 11:30 AM - 12:30 PM Arizona Time | [Registration](#) | [Flyer](#)

IN CASE YOU MISSED IT

Reminder - Removing Your Former Spouse From Your Benefit Plans

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. We now have detailed information on this process on our [Qualified Life Event](#) page. You can view the document [here](#).



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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[Unsubscribe](#)