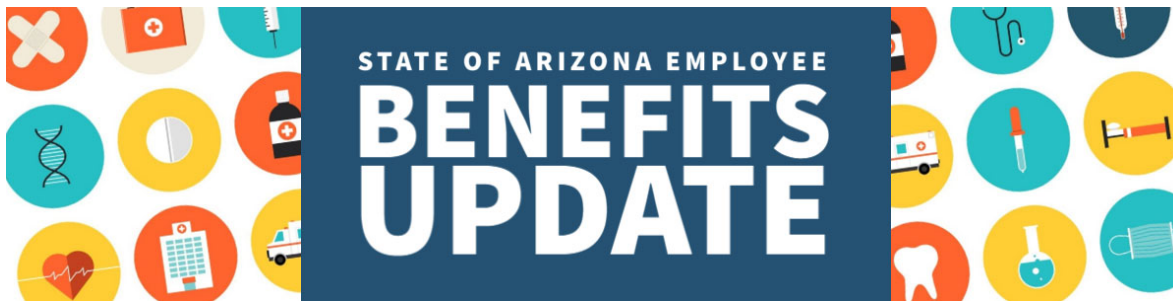


Email not displaying correctly? [View it in your browser.](#)



December 2021 Edition

Surgeon General Carbona, COVID Boosters, Flu Shots, HIP Year-End, Insurance Cards, FSA Carryover, Holiday Stress Reduction, Tution Partnerships, and Holiday Shopping Discounts.

Former Surgeon General Urges State Employees to be Vaccinated

Dr. Richard Carmona, the 17th Surgeon General of the United States (2002-2006), serves the Governor’s Office as the senior advisor on public health emergency preparedness and leads the statewide effort to boost vaccine and public health awareness in Arizona. He is currently a distiguished laureate professor of public health at the University of Arizona. He has filmed a short video message for State employees to answer common questions about COVID vaccines and boosters as well as seasonal flu shots.



[See Dr. Carmona's Video](#)

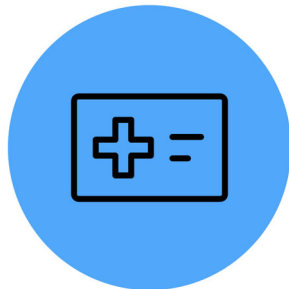
COVID-19 Update

- **Vaccines & Boosters:** Free vaccines and boosters are widely available at doctor’s offices, pharmacies, and other locations. Arizonans age 5 and older are eligible to receive the vaccine while those 16 and older may receive a booster. You can find vaccine/booster sites and requirements at azhealth.gov/findvaccine.
 - On December 20 and 21 there is a booster-only event on the Capitol Mall that requires [pre-registration](#).

- Also, you can earn 2,500 [HIP](#) points for a COVID vaccine, see below.
- **Testing:** Free rapid saliva testing is available on a walk-in basis at [state-run sites](#) in Flagstaff, Mesa, Scottsdale and Tucson. If there are no appointments left on the [testing registration portal](#), you will be accepted as a walk-in. Please help prevent the spread of COVID-19 by getting tested if you have symptoms and isolating if you test positive.

Flu Shots - Time to Roll Up Your Sleeve

- Annual flu shots are considered preventive and are available at \$0 for all employees and covered dependents on our medical plans. Plus, you can earn [HIP points](#). Flu shots are available at doctor's offices and pharmacies or [public clinics](#).
- Use an in-Network pharmacy for your medical plan. *Note: CVS is no longer in-Network for preventive vaccines and flu shots for UnitedHealthcare members. COVID-19 vaccines are available in-Network or out-of-Network.*
- Bring your medical card and have the pharmacist bill the flu shot under your medical carrier coverage — NOT the pharmacy coverage.



Insurance ID Cards for 2022

ID cards will be mailed in late December. Please note that the US Postal Service recently announced that first-class mail may now take up to five days to arrive. If you need your ID card before you receive the mailing, you can print one from the carrier's website or view it on their mobile app. Here are the cards you can expect to receive:

Medical Plans

- BlueCross BlueShield AZ and UnitedHealthcare current/new enrollees - You will receive new ID cards for 2022.

Dental Plans

- Current Cigna enrollees - The cards you have will be the same for 2022.
- Current Delta Dental enrollees - You will receive new ID cards for 2022.
- New enrollees/carrier change - You will receive a new card.



FSA Carryover Reminder

Due to changes put in place by the second federal COVID stimulus bill, you may carryover a portion of your 2021 Flexible Spending Account (FSA) funds for use in 2022. This is for your TASC card account(s).

Please note this will be the last year that the carryover provision will be in place.

Learn more about the carryover rules and the associated deadlines [here](#).



HIP Year-End Wrap Up

- Check out our [HIP Year-End Checklist](#) to make sure you're getting all your points toward the \$200 annual incentive!
- Make sure you have logged or attested to activities by December 31, 2021, at 11:59 pm.
- No validation period! No documentation submissions are required. This will lead to a...
- Faster payout! The \$200 incentive will be added to your first or second January paycheck. What a way to start the year!
- If you haven't yet joined, we encourage you to do so to get a head start to learn more about how the program works and the resources it provides before the January launch. Visit wellness.az.gov/hip.

December is Soothing Stress Month

Take advantage of this helpful wellbeing information from our medical carriers. *Note: You are not required to be enrolled with a carrier to view their information.*



BlueCross BlueShield AZ

- [Preventive Health is a Family Matter](#)
- [Holiday Exercise Tips](#)

UnitedHealthcare

- Health Tip: [Understanding Mental Health](#)

- Recipe: [Grilled Apple Pecan Cups](#)
- On-Demand Webinar: [Coping with Anxiety](#) (12 mins)

Healthy Holiday Resources

- If you need some quick ideas to cut down on holiday stress, be sure to take advantage of the free resources such as the [Healthy Holidays Toolkit](#), [Holiday Shopping on a Budget](#), [Financial Wellness](#), as well as guides for [Bringing Cheer to the Holidays](#), being [Grateful for Gratitude](#), and addressing [Loneliness and Your Health](#).
- Remember our Employee Assistance program is here for you. Contact ComPsych Guidance Resources at 877-327-2362 or by visiting guidanceresources.com. To register, enter Web ID: HN8876C.



Tuition Partner Spotlight: Arizona Christian University

Arizona Christian University offers Associate's and Bachelor's Degrees in business administration, child development and more with eight-week courses and six start dates per year. State employees, their spouses and dependents receive a 15% tuition discount. There is also a veteran support program. Learn more with these resources: [website](#), [video](#), [slides](#) and [flyer](#). To learn more about all our tuition partners, visit benefitoptions.az.gov/highered.



Holiday Shopping Discounts

There are several local and national discounts available to State employees to make your holiday shopping a little easier. Check out our [discount page](#) for more information.

Questions?

Please contact a Benefit Options representative by phone 602-542-5008, toll-



free 1-800-304-3687, by email
benefits@azdoa.gov or visit
benefitoptions.az.gov. Our office is closed
for walk-ins at this time, but we can help you
virtually Monday-Friday, 8 am - 5 pm
Arizona Time, except holidays



Arizona Department of Administration
HR - Benefits
PO Box 6548
Phoenix, Arizona 85005

[Unsubscribe](#)