2020 Employee Wellness Program
Wellness Council of Arizona

- Wellness Council of AZ (WELCOAZ) will be managing and tracking the Wellness Program
  - Monitors the Wellness email address where materials are sent to
  - Tracks point progress

wellness@aura-astronomy.org
(520) 293-3369
2020 Wellness Program Points

**Earn 5 Points**
- Complete various FITGO Bingo squares
  - See FITGO Bingo card for activities

**Earn 10 Points**
- Interactive Health 6 month Lab Test (test at lab)
- Health Coaching Session (onsite)
- Events / Activities / Webinars (onsite)
- 2020 Health and Wellness Fair or Open Enrollment Attendance
- Flu Shot (onsite or by provider)

**Earn 25 Points**
- Challenges
- Complete Cigna Health Risk Assessment
2020 Wellness Program Points (cont.)

Earn 50 Points

- Interactive Health (Onsite, Test at Lab, or Physician Verification Form)
- Interactive Health Coaching Program
- Cigna Health Coaching Program
- Annual Preventive Exam

A Wellness Happenings email will be sent monthly from “AURA Wellness” which will contain details for each month’s activities. FITGO Bingo cards will be provided quarterly to track points accumulated by completing squares. FITGO Bingo cards are due the last day of each quarter for point designation.

- Sign in sheets will be available at all onsite events
Quarterly FITGO Bingo Cards - beginning 2/1/2020 - 1/31/2021

1. Fill out your name and location.

   Name: ___________________   Location: □ Tucson □ Kitt Peak □ Boulder □ Sunspot

2. Check off and initial each box you complete.
   - Food Log - Must be submitted with card to receive incentive

3. Submit the form to wellness@aura-astronomy.org
Quarterly FITGO Bingo Boards

Total Points Possible = 710

- 155 Points – 1st Quarter
- 175 Points – 2nd Quarter
- 170 Points – 3rd Quarter
- 210 Points – 4th Quarter
2020 Quarterly Presentations

- The Transtheoretical Model: States of Change
  - February 11th at 12:00 pm

- Every Step Counts: Walking for Better Health
  - May 12th at 12:00 pm

- When I Wake I Will Feel Great: Sleeping Better
  - August 11th at 12:00 pm

- Taking Control of Your Health
  - November 10th at 12:00 pm

Presentation attendance enters each employee into a drawing for a $100 Amazon gift card!
2020 Challenges

- Healthy Selfie Challenge
  - February 26th - March 24th
- Healthy Heart Step Challenge
  - May 26th - June 23rd
- Taste the Rainbow Challenge
  - August 25th - September 22nd
- Daily Habits Challenge
  - November 24th - January 26th

HEALTHY SELFIE
February 26 – March 24, 2020

We believe that health is individually unique, and healthy moments are a crucial part of our daily lives that should always be celebrated—big or small. So haunt your healthy self by sharing a healthy photo!

Submit all photos to wellness@aura-astronomy.org
(See FAQ for more information)

HEALTHY SELFIE CATEGORIES:
(You must complete all categories or photo will be disqualified for incomplete submission)
- Wellness For You: What does Wellness look like to you?
- Break your barriers with a New Recipe or Activity.
- Get Moving! Show us your fitness photo.
- Show me your plate full of nutritious fuel.
- Will we see you have you hydrate?
- Play well with others - Snap a photo with a group. (friends, family and/or coworkers)
- Grab a selfie with your Health Coach.

PRIZES:
- 1st Place: $500 Amazon Gift Card
- 2nd Place: $300 Amazon Gift Card
- 3rd Place: $50 Amazon Gift Card

GRAND PRIZE:
- Hit all 7 categories for a chance at the Grand Prize Kailua Drawing for a $500 Amazon Gift Card!
Employee Wellness tab available on the HR Website at https://hr.aura-astronomy.org
2020 Wellness Program Participation Forms

Participation Forms are available on the HR Website.
Submit all completed forms to WELCOAZ at wellness@aura-astronomy.org.
2020 Wellness Program Incentives

1 row of FITGO Bingo
- $25 Amazon Gift Card

Blackout Sheet of FITGO Bingo
- $50 Amazon Gift Card

500 Points
- $50 Amazon Gift Card

600 Points
- $100 Amazon Gift Card

800 Points
- $200 Amazon Gift Card

Reminder:
You can email WELCOAZ to check your points level
Health Coaching

Health Coach - Kelly Cuppell

- Available on the 4th Tuesday of every month from 8:30 am to 1:00 pm
- Coach Lead Activity from 1:00 to 1:30 pm

Health Enhancement Support

- Nutrition
- Physical Activity
- Stress Management
- Self-care
- Lifestyle Disease Management
- Coach Led Activities
- Telephonic appointments available

Kelly works for the Wellness Council of Arizona to serve the health interests of employees. All information shared with her will be kept confidential and will not be shared with any management personnel or any other employees.

If you are interested in signing up for health coaching utilize the Acuity website, WELCOAZ scheduling system, https://welcoaz.acuitiescheduling.com/schedule.php
2020 Fitness Classes (Tucson Only)

- **Fitness Class Survey**
  - Structure the onsite fitness classes to meet the preferences of employees
    - Class types and times

- **Current Class - Circuit Training**
  - January 7th through February 27th
  - When: Tuesdays & Thursdays from 4:30 - 5:30pm
  - Location: Fitness Room

If you have questions, send an email to **wellness@aura-astronomy.org**
2020 Chair Massage

- Boulder on-site chair massages coming soon!
  - Demo in February

- Tucson
  - Patricia - Massage Therapist
  - When: Second Friday of the month
  - Time: 8:15 am to 2:00 pm
  - Cost: $1 per minute - 10 minute minimum
  - Payment must be cash and paid the day of the massage
  - Location: Scientific Conference Room

To book an appointment, send an email with your name, date, time and preferred duration to hollandpatricia1960@gmail.com or you can text directly to 520.982.7517