

CONTENT

Your BeWell Benefit - Weight Management, Cholesterol and Blood Pressure courses at State worksites.

ANNOUNCEMENT

Benefit Options Wellness is pleased to announce the availability of health management courses as part of the BeWell Benefit for employees. During the third quarter of 2011 Benefit Options Wellness will be sponsoring the following courses in partnership with our contractor Kronos Optimal Health:

Weight Management – 12 week series
Hypertension (Blood Pressure) Management – 5 week series
Cholesterol Management – 5 week series

These courses are held 1 hour each week and are focused on healthy lifestyle changes. Participants will set goals and work to achieve those goals through a combination of professionally developed instruction, motivational health coaching and group support. All courses are taught by Kronos trained health educators.

Keeping employees' financial interests in mind, Wellness will be sharing the cost with class participants as part of the BeWell Benefit. The participant cost for each of the health management series is as follows:

Weight Management - \$50.00
Hypertension Management - \$10.00
Cholesterol Management - \$10.00

Participant fees will be a one-time charge paid directly to Kronos for the series and includes the program workbook.

To make these programs successful, we need help from agency representatives (Benefit Liaisons, Wellness Coordinators, HR Managers). Benefit Options Wellness is compiling a list of interested agencies to assist in scheduling classes. There will be 15 classes held during the third quarter, and each class requires a minimum of 15 participants to be scheduled. If you would like to host one of the health management courses listed above please notify Amanda House at Amanda.house@azdoa.gov

More information about the health management courses can be found online at www.benefitoptions.az.gov/wellness

ISSUED

August 4, 2011