

CONTENT AREA

ADOA Benefits cares about your health

ISSUE/QUESTION

Six days left to take the Mayo Clinic Health Assessment

ANSWER

ADOA is committed to providing quality services and programs to help State employees improve their health. Our feature program, the Mayo Clinic Health Assessment, is a valuable resource and an excellent place to start for employees who want to make positive health changes. The Mayo Clinic Health Assessment can be found at www.bewellstaywell.az.gov and is available to all active employees and their families for six more days. The campaign closes on January 31, 2009, so do not miss your chance to take the first step to a healthier you. By Completing the Health Assessment you may qualify for FREE EmbodyHealth Coaching to help you take action toward health improvements.

Log on today at www.bewellstaywell.az.gov and show you care about your health as much as we do!

ISSUED

January 26, 2009