



Earning Pima Healthy Rewards is Easy!

Employees enrolled in one of the college's health care plans can earn a \$260 or \$500 credit toward their medical premium or a contribution to their Health Saving Account by participating in wellness activities.

All You Need Is:

- 1** *Biometric Screening*
- 2** *Complete Online Health Assessment*
- 3** *Engage in PCC Wellness Activities*
- 4** *Enter activities on the Pima Healthy Rewards Tracking Sheet*

9 Points=\$260
20 Points=\$500

Submit completed Pima Healthy Rewards tracking sheet to Employee Service Center no later than May 31st



Don't Wait

Start Earning Points Now!



Health Screenings and Assessments

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<p>Biometric Screening (REQUIRED prior to completing Health Assessment) Should include height/weight, blood pressure, cholesterol and glucose. Available through your healthcare provider and offered on-site in April/May.</p>
<p>My BluePrint Health Assessment (REQUIRED) Can be completed by logging into azblue.com (click on Health and Wellness - then Personal HealthyBlue Home Page)</p>
<p>Annual Physical Exam</p>
<p>Preventive Screenings Choose up to THREE for 2 points each (6 points MAX)</p>
<p>Prostate Cancer Screening</p>
<p>Cervical Cancer Screening</p>
<p>Breast Cancer Screening (Mammogram)</p>
<p>Colon Cancer Screening (Colonoscopy)</p>
<p>Skin Cancer Screening</p>
<p>Vision Exam</p>
<p>Dental Exam</p>
<p>Immunization (including Flu Shot)</p>

May be done through healthcare provider or onsite with Employee Wellness in April

Must have Biometric Screening completed before completing the online health assessment

Up to 3 preventative screenings listed can be completed (6 points MAX)

PCC Wellness Activities (12 points max)

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PCC Wellness Activities		12 points MAX (at least one activity REQUIRED)
Name of activity:		
Name of activity:		
Name of activity:		
Name of activity:		
Name of activity:		
Name of activity:		
<p>Certify you are tobacco-free: acknowledgment of being tobacco-free for the past 6 months, and commitment to refrain from using tobacco in the future, this includes e-cigarettes, and other inhalant products.</p>		

Enter name and date of activity

If tobacco free, place initials in box

[Pima Healthy Rewards Tracking Sheet](#)



Submit to ESC by May 31st