



WELLNESS PROGRAM OVERVIEW

2022-2023



For questions, please contact your AZLGEBT Wellness Consultant at Kingman.GBS.ArizonaGovEEBenefitTrust@ajg.com.

PREVENTIVE SCREENINGS AND SERVICES

AZLGEBT offers a variety of onsite preventive screenings and services to eligible Medical Benefit Plan members and are covered at 100% by the Medical Plan. While the below calendar is subject to change, it offers a general overview of when the screenings are scheduled to take place. Watch for flyers from your Wellness Program Coordinator!

AZLGEBT ANNUAL WELLNESS CALENDAR			
JULY Cardiac & Organ Screenings 	AUGUST Healthy Heart Blood Draw 	SEPTEMBER Flu Vaccinations 	OCTOBER Mammography Screenings 
NOVEMBER 	DECEMBER 	JANUARY Health Risk Assessments 	FEBRUARY Health Risk Assessments 
MARCH Health Risk Assessments 	APRIL Skin Cancer Screenings 	MAY Skin Cancer Screenings 	JUNE Cardiac & Organ Screenings 

LIFESTYLE AND ACTIVITY THROUGH VITALITY

Employees covered on the AZLGEBT Medical Benefit Plan have the opportunity to engage in Vitality, a unique wellness program enhancement that provides you with the tools and motivation to make healthy choices. Vitality's personalized, interactive approach considers your current overall health, lifestyle and health risk factors. Choose from, engage in, and be rewarded for a wide variety of healthy activities - online education, physical activity, preventive care and more!

Employees covered on the AZLGEBT Medical Benefit Plan can take advantage of a premium reduction once you achieve Silver Status level with 2,500 in the Vitality Program. Additionally, once achieving the Gold Status level with 6,000 Points in the Vitality program, you can utilize a \$100 Marketplace Special Offer!

The more you engage with Vitality, the more Vitality Points you will accumulate throughout the year!

To register, visit PowerOfVitality.com.

LIVONGO WHOLE PERSON SOLUTION

AZLGEBT wants to remind members about the Livongo Whole Person Solution that includes the following programs:

- Weight Management Program
- Diabetes Prevention Program
- Hypertension Management Program
- Diabetes Management Program

Key elements of Whole Person Solution include:

- **Connected Technology:** Enables real-time data and insights through the following devices, depending on enrolled program:
 - Scale
 - Blood Pressure Monitor
 - Glucometer
- **Education, Lessons and Resources:**
 - Timely and actionable health nudges and insights
 - Evidence-based curriculum and content
 - Community learning
 - 5-day challenges
 - Food, activity, and weight tracking
 - Health Summary Reports
 - myStrength Self-Care Behavioral Health for issues including stress, anxiety, mindfulness, nicotine, depression, balancing emotions, and more
- **Expert Coaches**
 - Accredited and curriculum from ADA, AADE, AHA
 - Credentials that frequently include Masters of Science, Registered Dietitian, Certified Diabetes Educators, etc.
 - Unlimited access to coaching sessions
 - 24/7 support from Diabetes Response Specialists on acute high or low glucose events.



To join, visit welcome.livongo.com/AZLGEBT
or call Livongo Member Support at (800) 945-4355 and use the
Registration Code "AZLGEBT"



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