

HR HAPPENINGS

Wellness Incentive!

What is a Wellness Incentive Program?

We are glad you asked... we want to encourage the employees of Yavapai College to get their annual wellness screenings, because we value their health and well-being. In order to do so, we are offering an incentive off next year's premium rates for those employees who participate in the program!

How do I participate?

It is simple... employees who complete their screening or wellness exam by April 30, 2022 will be eligible to receive the Wellness Incentive Rate!

What is the Wellness Incentive Rate?

With the completion of the Healthwaves Biometrics screening or annual wellness exam with your primary care physician, you will qualify to have \$10 taken off your monthly insurance premium costs in 22-23!



February 14th, 2022

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Health and Wellness Program

Effective July 1st, 2021, Yavapai College began our new Health and Wellness Program with Marquee Health. Many of you may be participating in our quarterly wellness challenges, but did you know that Marquee Health also provides health coaching **to all employees enrolled in our Medical Plan** at no cost? It's true! Marquee Health has coaches waiting to help you achieve your 2022 Health and Wellness goals!

WHAT WILL I LEARN THROUGH HEALTH COACHING?

Health Coaching members will gain an understanding of positive self-talk, learn how to draw from personal challenges and successes, and identify what works best for them. These skills, and the knowledge members develop through their participation in the coaching program, provide a foundation for impactful and long-term behavioral changes.

Their comprehensive coaching program provides many different options, including:

UFIT ADVANCED PHYSICAL ACTIVITY	UBALANCE STRESS MANAGEMENT	UBEAT HEART HEALTH
UFUEL PERSONALIZED NUTRITION	UPREVENT CANCER RESISTANCE	U&YOURS FAMILY HEALTH
UREST SLEEP HYGIENE	UBREATHE TOBACCO CESSATION	UTHRIVE DIABETES EDUCATION
UPLUSONE PRENATAL WELLNESS	UBODY WEIGHT MANAGEMENT	UCONTROL GENERAL HEALTH
UCENTS FINANCIAL FITNESS	UMOVE BEGINNING PHYSICAL ACTIVITY	

Visit your 'My Wellness' platform in your employee portal to connect with a coach today!

Readership Survey

Please click the link below to participate in our Readership survey! We are looking for your feedback and advice.

<https://www.surveymonkey.com/r/36SQMQM>

Wellness Incentive (Cont. from P.1)

Why should I get an annual biometric screening or wellness exam?

Wellness screenings are a preventative service that can give employees a great snapshot of their current health and can show if they are at risk for high blood pressure, heart disease or other chronic illnesses.

We are making wellness a priority at Yavapai College, because we care about our employees, so please make sure to get your annual screening. We also encourage you to check out our new wellness program in your YC Portal > Employee card > My Wellness to start participating in challenges, sign up for health coaching or watch any of the on demand webinars available to you!

Healthy Heart Challenge

Did you know that February is American Heart Health month? A time when all people can focus on their cardiovascular health!

The Healthy Heart Challenge officially kicked off on Monday, February 7th! Throughout the month of February, those participating in the Healthy Heart Challenge are encouraged to identify and create new healthy habits to improve their heart health! Based on the weekly themes, those who log 3 activities each week will be eligible for the grand prize raffle to win a wearable fitness tracker! Continue to log in to your 'My Wellness' platform in your employee portal for new ideas on how to meet the challenge goals!

Congratulations: Early Registration Raffle Winners!



Human Resources Website

The Human Resources team has been working diligently to improve our website to better fit your needs!

Website Highlight – HR Toolbox!

The HR Toolbox was built with you in mind! Welcome to the page where you can find any forms, tools, guidelines, and informative brochures you may need. Whether you are looking for benefits & health information, payroll paperwork, professional development tools, plus so much more, this website provides it all! Visit <https://www.yc.edu/v6/human-resources/toolbox.html> to familiarize yourself with this useful tool!

