

## May 2024 Edition

In this month's issue: Healthiest Employer Award, Mental Health Month, Mother's Day Discounts and more.

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### State of Arizona Wins Healthiest Employer Award 2024

We're thrilled to announce that the Arizona Department of Administration - Benefit Services Division was named the Phoenix Business Journal's Healthiest Employers - Extra Large Category winner for 2024. This recognition is a testament to our commitment to our employees' physical and mental well-being. The State has consistently ranked in the top 10 companies throughout Arizona for this award and has now reached the pinnacle. We share this success with you and express our gratitude for your support of the HIP program!



[Read about our award-winning success](#) and how Eduardo Colin, Senior IT Project Manager at the Department of Economic Security, improved his health and lost 85 pounds with help from HIP. To learn more about HIP and how you can earn \$200, visit [wellness.az.gov/hip](https://wellness.az.gov/hip).

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**May is Mental Health Awareness Month**  
During May, we work to raise awareness of and reduce the stigma surrounding behavioral health issues. While society is getting more comfortable discussing mental health, it can still be hard to know where to start when it comes to taking care of your own and your family's well-being. In this issue, we will highlight several available resources. To see a complete list of services from BlueCross BlueShield of Arizona, UnitedHealthcare and other resources, visit [wellness.az.gov/mentalhealth](https://wellness.az.gov/mentalhealth).



**Employee Assistance Program (EAP)**  
ComPsych Guidance Resources offers a free, confidential benefit that provides 12 sessions of free, short-term counseling per issue per year if you or anyone in your household needs to talk to someone. Here's a [quick video](#) on what to expect when you contact ComPsych. You can access these services by calling 877-327-2362 or visiting [guidanceresources.com](https://guidanceresources.com). To register, enter the company code HN8876C.



**National Suicide and Crisis Lifeline - 988**  
Suicide is not an easy topic to talk about, but it is essential to know how to help yourself or someone you love. Resources are available 24/7. National Suicide and Crisis Lifeline, call or text to 988. Visit [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org).

### **Know Your Numbers - Cholesterol and Fat**

This month's numbers are for cholesterol and fat. The liver makes blood cholesterol, which the body uses to make hormones and digest fatty foods. Since the body makes all the blood cholesterol it needs,

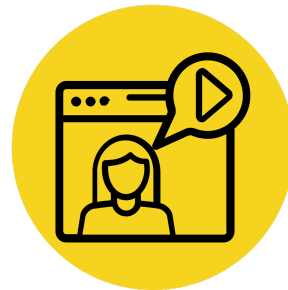


experts recommend that people eat as little dietary cholesterol as possible.

There are two kinds of cholesterol: LDL, or “bad cholesterol,” which is more likely to clog arteries and cause heart disease, and HDL, or “good cholesterol,” which protects against dangerous blockages in the arteries that can lead to heart disease. Fats called triglycerides provide cells with energy to function. You can get a blood test for all three lipids during a [free mini-health screening](#) or by visiting your healthcare professional. To learn more about other critical numbers for your health, visit our [Know Your Numbers page](#) or see our [flyer](#).

### Upcoming Webinars

You can earn [250 HIP points](#) for viewing a [live or recorded webinar](#) and up to 1,000 points annually.

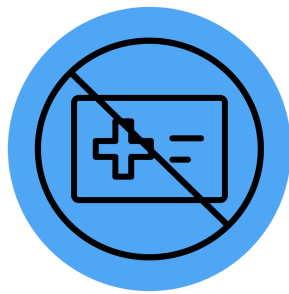


- **The Psychology Behind Saving Money | Thu., May 9, 11:30 am - 12:30 pm |** [Register](#) | [Flyer](#)
- **Getting Started with HIP | Thu., May 16, 11:00 am - 12:00 pm |** [Meeting Info](#)
- **Preparing for a Visit to the Doctor | Wed., May 22, 11:30 am - 12:30 pm |** [Register](#) | [Flyer](#)
- **Live Cooking Class: Seattle-Style Steak Teriyaki | Tue., May 28, 4 pm |** [Register](#)



### World No Tobacco Day is May 31

When you're ready to quit, our tobacco cessation program is here for you. This benefit is free to employees enrolled in the State health plan. When you complete the program, you're eligible for 2,000 HIP points. See our [tobacco cessation page](#) to learn more.



### QLE Quick Facts - Loss of Other Coverage

This month's Qualifying Life Event (QLE) is a loss of other coverage. If your spouse or dependents have been covered on another plan and have lost coverage, they may join the state plan within 31 days of the prior coverage ending.

When they join the plan, you may switch carriers or add coverages for medical, dental, vision, healthcare FSAs, or dependent care FSA coverages that were lost on the other plan. To add your spouse or dependents, fill out an [Active Employee Enrollment form](#) and [provide documentation from the prior coverage](#) stating the coverage end date. To learn more about QLEs, visit [benefitoptions.az.gov/QLE](https://benefitoptions.az.gov/QLE) or contact your [agency benefits liaison](#).

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### Mother's Day Gift Discounts

Treat Mom this Sunday, May 12. We have gift ideas from See's Candies, Arizona Highways, and the Arizona Capitol Museum store, all with State employee discounts. Check them out on our [discounts page](#).

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### Questions?

Please contact a Benefit Options representative at 602-542-5008, toll-free at 1-800-304-3687, or email at [benefits@azdoa.gov](mailto:benefits@azdoa.gov), or visit [benefitoptions.az.gov](https://benefitoptions.az.gov). Our office is closed for walk-ins at this time, but we can help you virtually Monday-Friday, 8 am-5 pm Arizona Time, except holidays.

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