



Stall News

August 2019

Win Ca\$h Prizes with our Cigna Wellness Program

Reach **100** points, and get entered into a drawing to win **\$100!** Up to **40 winners** will be selected **every month!** Reach **300** points by **June 30, 2020**, and be entered to win **one of three \$1,000 gift cards.** How do you earn points?



- Receive preventive exams (well visit, cancer screenings, dental cleaning, etc.)
- Achieve a goal with a telephonic health coach
- Earn 1,000 SmartDollar points
- Achieve eligible milestones through Omada

The more points you earn, the more chances you have to win. Learn more at mpsaz.org/wellness.

SmartDollar Contest Coming Soon



SmartDollar, your new (and free) financial wellness benefit, is hosting an exciting contest in September! Every day you use SmartDollar (from September 1 – September 14, 2019) you'll be entered into a drawing for amazing daily prizes! Prizes include iPads, Chromebooks, Amazon Alexa Devices, Bose Headphones and more. And every day you use SmartDollar, you'll also get an entry for the grand prize: a VACATION!

To be eligible, you need to create your FREE SmartDollar account no later than 8/24/19. Learn more at mpsaz.org/wellness.

Omada – Cigna Diabetes Prevention Program

Mesa Public Schools is now offering Omada, a digital lifestyle change program that can help you lose weight, feel fantastic, and develop long-term habits. If you or your covered dependents are at risk for type 2 diabetes or heart disease, and enrolled in our Cigna health plan, Mesa Public Schools will cover the entire cost of the program.



Learn more at mpsaz.org/wellness

Wellness Webinars



Don't have time to attend an onsite class? No worries! Check out the new library of wellness webinars available on the wellness website. There are a variety of topics such as managing stress and handling grief. You can watch these recordings with your family in the comfort of your home.