



Stall News

October 2019

Move it Maricopa Walking Challenge: October 7

Gilbert Public Schools and 10 Maricopa cities have challenged MPS to a walking challenge. Lace up those kicks and help us defend our 2018 victory by traveling along the infamous Route 66.

- You can sync with your current personal fitness device, enter steps tracked on your pedometer or use the Apple Health or Google fit to measure your steps.
- You can even invite a non-MPS friend to join you in a friendly competition!
- Lots of fun and prizes along the way. Register as a new user at mps.walkertracker.com.



Learn more at mpsaz.org/wellness.

Cigna Healthy Pregnancy Healthy Babies

If you or your spouse are expecting, take advantage of the Healthy Pregnancy Healthy Babies program and complete it for an incentive! It is designed to help you and your baby stay healthy during your pregnancy and in the days and weeks after birth.

- Enroll in your **1st trimester** and speak with a nurse after your baby is born - **\$250 Debit Card**
- Enroll in your **2nd trimester** and speak with a nurse after your baby is born - **\$125 Debit Card**



Learn more at mpsaz.org/wellness.

Cigna Happify

We're committed to helping you take control of your emotional health. Happify is a free app with science-based games and activities designed to help you:



- Defeat negative thoughts
- Reduce stress and anxiety
- Increase mindfulness and emotional well-being
- Boost health and performance

Sign up and download the free app today at happify.com/Cigna.