



# Stall News

December 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](https://mpsaz.org/wellness).**

## SmartDollar



Believe it or not, you probably have more room in your budget than you think. But to find that extra money, you need to have a plan.

SmartDollar will help you with that plan. That's why we're now offering SmartDollar, the program that has helped millions of people (just like you) get on a plan and take control of their money.

***Did we mention SmartDollar is completely FREE? That's right – SmartDollar is a 100% paid-for benefit for eligible employees!***

- A Proven, Step-by-Step Plan
- Video Lessons and Expert Advice
- Online Tools Accessible 24/7 on Any Device

**Learn more at [mpsaz.org/wellness](https://mpsaz.org/wellness).**

## Employee Assistance Program (EAP Preferred)

For extra support during the holidays, the Employee Assistance Program is uniquely qualified to assist you and your family. EAP provides clinical counseling, while Work-Life Services help with other critical issues such as stress, legal, financial, ID theft recovery, elder care, childcare, etc.



Receive up to eight free counseling visits per event through EAP Preferred. Call or visit the website for more information.

Work-Life Services: [www.eappreferred.com](https://www.eappreferred.com); Log in with username: MESAUSD and password: eappreferred