

Screenings

Mini-Health Preventative Screening

The work site mini-health screening focuses on prevention and early detection of heart disease and diabetes. Tests included in this screening are the full lipid panel, blood pressure, body composition, and blood glucose. Vendors also offer optional screenings such as osteoporosis or a PSA.

Mammography Screening

To fight cancer through early detection, mammograms are offered at work sites across Arizona using a mobile medical unit. For convenience, employees' results are sent directly to their physician and appointments only last 15 minutes.

Skin Screening

A facial skin analysis is provided using a Visiderm machine. The skin screening may be requested as a stand alone service or combined with the Mini-Health Screening.

Osteoporosis Screening

Benefit Options Wellness contracts with both Healthwaves and Maxim Health to provide a bone density screening using a heel DEXA scan machine. The Osteoporosis screening may be requested as a stand alone service or combined with the Mini-Health Screening.

Prostate Cancer Screening

Wellness offers a comprehensive Men's Health screening at state work sites to prevent and detect prostate cancer. Prostate Onsite Projects (POP) is a professional mobile medical unit that provides convenient, 15 minute appointments with a doctor's consultation for men 40 and older.



benefitoptions.az.gov/wellness

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State of Arizona Wellness Program

The Be Well Benefit of your
Benefit Options Program



The BeWell Benefit of your Benefit Options Program

Benefit Options Wellness is committed to helping employees and their dependents be well today and stay well tomorrow. The program is designed to enhance the overall health and quality of life for State of Arizona employees and is one of the most important long-term benefits available to our health plan members.



Programs and Services

Wellness provides free or low-cost educational programming, health screenings, immunizations, interactive web tools, and health improvement services to help both employees and Benefit Options members. The services are provided by contracted professionals who travel throughout the state.

Employee Assistance Program (EAP)

EAP is a confidential Wellness benefit that provides short-term counseling to employees, their spouses, and their dependents. Employees can access six free counseling sessions to help with personal issues, coping with a loss, stress/anxiety, or financial concerns.

ADOA offers an EAP contract which serves most State agencies. When needed, the EAP may refer you to a local resource or program that can best assist you or your dependents.



Tobacco Free Program

As a member of Benefit Options, help is available to you at no cost. The State partnered with MedImpact and ASHline to provide a quality quit program that combines pharmacy and lifestyle coaching. Call the State Employee Tobacco Cessation Program at 1-866-218-6646.

Wellness Website & Newsletter

The Wellness website provides information on Wellness programs, services, and campaigns. Check the monthly events calendar or newsletter for programs in your area. The electronic newsletter is sent via email to agency contacts and is distributed to employees. For more information on any wellness program go to benefitoptions.az.gov/wellness.

Classes

One-hour and series educational classes are available to teach members about healthy lifestyles. Health educators hold classes at the worksite on; weight control, fitness, stress, cholesterol, hypertension, and more.

Flu Shot Program

Wellness contractors provide work site and public flu shot clinics each year at no cost to employees and Benefit Options members. The flu shot campaign is typically held October through December. Locations can be found on the Wellness Website.

Annual Mayo Clinic Health Assessment*

The Mayo Clinic Health Assessment is a professionally developed, confidential questionnaire open once a year. It is designed to help members become knowledgeable about their health. Members access the Health Assessment through the Mayo Clinic EmbodyHealth Web Portal at bewellstaywell.az.gov. Members may access the web portal all year for helpful tools and resources.

Upon completion of the Health Assessment, members may be eligible for FREE, one-on-one telephonic Health Coaching. Participants choose from five modules: Weight, Exercise, Stress, Tobacco Cessation, and Nutrition.

**Contractor is subject to change*

