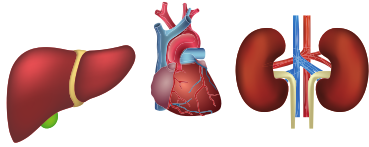


# 2020-2021 WELLNESS CALENDAR



## JULY

Cardiac and Organ Screening



## AUGUST

Healthy Heart Blood Draw



## SEPTEMBER

Flu Vaccinations



## OCTOBER



Prostate Cancer Screening



Mammography Screening

## NOVEMBER



## DECEMBER

Happy holidays

## JANUARY

Health Risk Assessment



## FEBRUARY

Health Risk Assessment



## MARCH

Health Risk Assessment



## APRIL

Skin Cancer Screening



## MAY

Skin Cancer Screening



## JUNE

Cardiac and Organ Screening



## YEAR-LONG PROGRAM: ACTIVITY BASED CHALLENGES



Ongoing activity-based challenges to encourage steps throughout the year!  
Register today at <https://link.movespring.com/join?orgCode=AZLGEBT>

Preventive Screenings and services are subject to change. Watch for emails and flyers with more details of screenings and services at your location. Preventive screenings and services brought onsite through the AZLGEBT Wellness Program are covered at 100% for eligible AZLGEBT Medical Benefit Plan Members.

Questions? Email your Wellness Consultant, Missy Jenson, at [AZLGEBT@ecollinsandassociates.com](mailto:AZLGEBT@ecollinsandassociates.com).