



2022-2023 WELLNESS CALENDAR

JULY

Cardiac & Organ Screenings



AUGUST

Healthy Heart Blood Draw



SEPTEMBER

Flu Vaccinations



OCTOBER

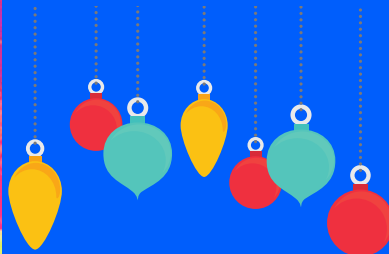
Mammography Screenings



NOVEMBER

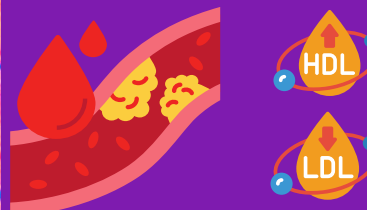


DECEMBER



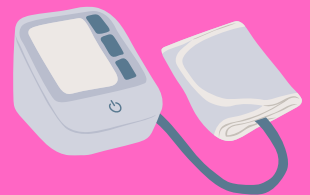
JANUARY

Health Risk Assessments



FEBRUARY

Health Risk Assessments



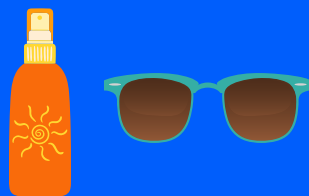
MARCH

Health Risk Assessments



APRIL

Skin Cancer Screenings



MAY

Skin Cancer Screenings



JUNE

Cardiac & Organ Screenings



Weight management, diabetes prevention, hypertension management, and diabetes management programs available through Livongo.

welcome.livongo.com/AZLGEBT



Start living your healthiest life with Vitality, a comprehensive, interactive and personalized program that helps you make healthy choices.

PowerOfVitality.com

Preventive screenings and services are subject to change. Watch for emails and flyers with more details.

Preventive screenings and services brought onsite through the AZLGEBT Wellness Program are covered

100% for eligible AZLGEBT Medical Benefit Plan Members.

Questions? Contact your local Wellness Coordinator or Kingman.GBS.ArizonaGovEEBenefitTrust@ajg.com.