Effective July 1st, 2021, Yavapai College began our new Health and Wellness Program with Marquee Health. Many of you may be participating in our quarterly wellness challenges, but did you know that Marquee Health also provides health coaching to all employees enrolled in our Medical Plan at no cost? It’s true! Marquee Health has coaches waiting to help you achieve your 2022 Health and Wellness goals!

**WHAT WILL I LEARN THROUGH HEALTH COACHING?**

Health Coaching members will gain an understanding of positive self-talk, learn how to draw from personal challenges and successes, and identify what works best for them. These skills, and the knowledge members develop through their participation in the coaching program, provide a foundation for impactful and long-term behavioral changes.

Their comprehensive coaching program provides many different options, including:

Visit your ‘My Wellness’ platform in your employee portal to connect with a coach today!

**Readership Survey**

Please click the link below to participate in our Readership survey! We are looking for your feedback and advice.

https://www.surveymonkey.com/r/36SQMQM
Healthy Heart Challenge

Did you know that February is American Heart Health month? A time when all people can focus on their cardiovascular health!

The Healthy Heart Challenge officially kicked off on Monday, February 7th! Throughout the month of February, those participating in the Healthy Heart Challenge are encouraged to identify and create new healthy habits to improve their heart health! Based on the weekly themes, those who log 3 activities each week will be eligible for the grand prize raffle to win a wearable fitness tracker! Continue to log in to your ‘My Wellness’ platform in your employee portal for new ideas on how to meet the challenge goals!

Congratulations: Early Registration Raffle Winners!

Shannon Johns
Kristin Varon-Burkhardt
Evelyn Garey

Human Resources Website

The Human Resources team has been working diligently to improve our website to better fit your needs!

Website Highlight – HR Toolbox!

The HR Toolbox was built with you in mind! Welcome to the page where you can find any forms, tools, guidelines, and informative brochures you may need. Whether you are looking for benefits & health information, payroll paperwork, professional development tools, plus so much more, this website provides it all! Visit https://www.yc.edu/v6/human-resources/toolbox.html to familiarize yourself with this useful tool!