

2022-2023 WELLNESS CALENDAR

JULY

Healthy Heart
Blood Draw



AUGUST

Cardiac & Organ
Screenings



SEPTEMBER

Cardiac & Organ
Screenings

Flu & Pneumonia
Vaccinations

Mammography
Screenings

OCTOBER

Mammography
Screenings

Flu & Pneumonia
Vaccinations

NOVEMBER

Flu & Pneumonia
Vaccinations



DECEMBER



JANUARY

Wellness Survey



FEBRUARY

Nurse Consultations

Health Risk Assessment
Screenings

MARCH

Nurse Consultations

Health Risk Assessment
Screenings

APRIL

Skin Cancer Screening

Comprehensive Eye
Screenings

MAY

Skin Cancer Screenings

10th Annual Fit Cochise
5K Walk/Run

JUNE



CCT offers a weight loss program through Wondr Health. Wondr is a behavioral change program that helps you learn new healthy habits to lose weight and keep it off long term.

Multiple sessions are held throughout the year, so keep any eye out for more information from Human Resources!

Preventive screenings and services are subject to change. Watch for emails and flyers with more details. Preventive screenings and services brought onsite through the CCT Wellness Program are charged to the \$750 preventive benefit for CCT Medical Benefit Plan Members.

Questions? Contact Human Resources or your CCT Wellness Consultant at

WellnessHSA@cctbenefits.org