



» West-MEC

# **HEALTH & WELLNESS**

## **ASBAIT - Arizona School Boards Association Insurance Trust**

- > On-Site Individual Health Screening
- > On-Site Annual Immunizations: Influenza, Tdap, MMR, Pneumonia, Shingles
- > EAP - Employee Assistance Program
- > Personal & Family Counseling Sessions (per crisis)
- > Law Access (legal and financial services)
- > Help Net (resources, skill building tools and online assessments)
- > Safe Ride
- > Interactive Health Monthly Newsletter on Healthy Living
- > Health Campaigns - Spring/Fall