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**COVID-19
Vaccine Event
Updates**



Join the **Vaccination Event Alerts** to learn about neighborhood vaccination opportunities:
<https://public.govdelivery.com/accounts/AZMARIC/signup/22506>



**HEALTH IMPROVEMENT
PARTNERSHIP OF
MARICOPA COUNTY**
www.hipmc.org

Why Get Vaccinated?

COVID-19 vaccines are safe, effective, and protect you against serious illness from COVID-19.

Getting the vaccine is an important part of helping our County and our nation recover from the effects of this pandemic. If you have not had your vaccine, you have many options to do so. Vaccines are widely available across Maricopa County, including at community pop-up events, pharmacies, federally-qualified healthcare centers, and some private providers. Some require appointments, and many are taking walk-ins.

A Small Shot

Provides A Big Step

Toward Normalcy



Check [**podvaccine.azdhs.gov**](https://podvaccine.azdhs.gov) every day at 8:00 am for additional appointments due to cancellations and every Friday at 11 am for a new batch of appointments at state-run PODs. You can search all Maricopa County vaccination sites by vaccine type and location at [**Maricopa.gov/COVID19VaccineLocations**](https://Maricopa.gov/COVID19VaccineLocations).

COVID Impact Survey



Maricopa County Department of Public Health is seeking to understand how the pandemic has impacted residents and how to support the community in a post-COVID environment. As a valued partner in this effort, we would appreciate your help in this important endeavor to ensure we have a wide, inclusive representation of residents within our county.

Responses to the COVID-19 Community Impact Survey will help guide future community health improvement planning and funding efforts over the next two years to assist in the recovery of COVID-19. Grants will be awarded throughout the county to local governments and community-based organizations to support our communities and address priority areas.

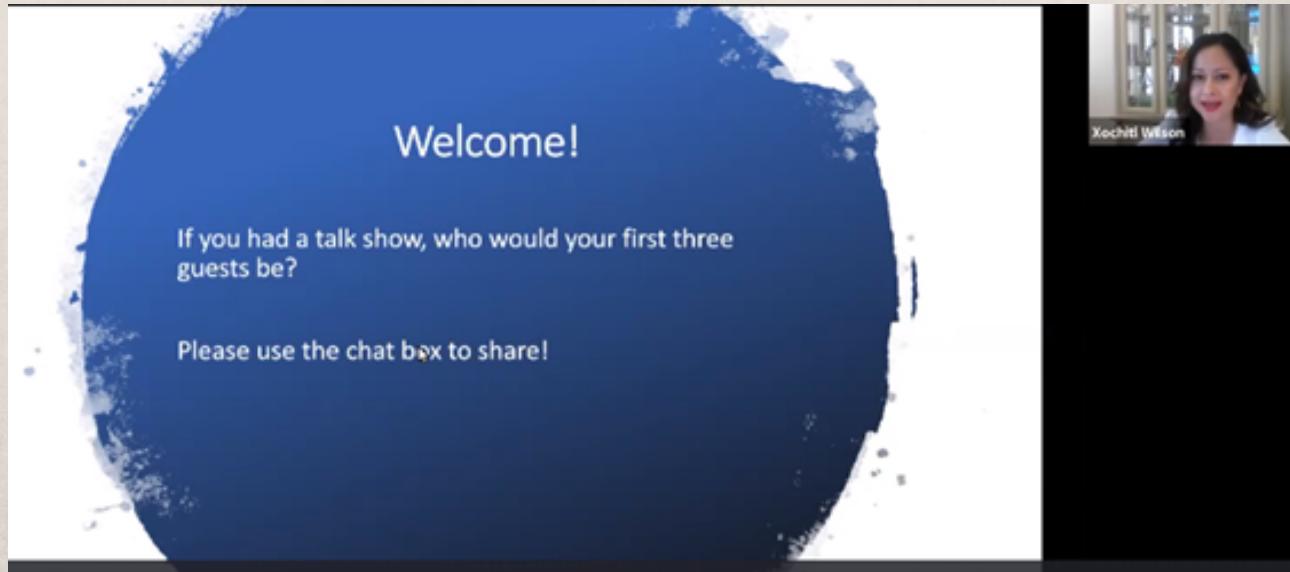
You can help by:

- **Taking the Maricopa County COVID-19 Community Impact Survey.** Click [here](#) to take the survey which is available in more than 12 languages!
- **Sharing the survey** with your family, friends, networks, employees, etc. You can download social media graphics and printables using our [Communication Toolkit](#). The broader the survey is spread, the more representative the data will be.
- Visit [MaricopaHealthMatters.org](#) for more information on the survey and community health improvement planning efforts.

A green rectangular graphic with a white border. In the top left corner is the Maricopa Health MATTERS logo. The main text in the center reads "HOW HAS COVID-19 IMPACTED YOUR LIFE?" in large, bold, black capital letters. Below this, a horizontal line separates the title from the call to action. The text "TAKE THE SURVEY. SHARE THE SURVEY." is in large, bold, black capital letters. Below that, the website "MaricopaHealthMatters.org" is in blue. At the bottom left is a globe icon with the text "CLICK THIS ICON FOR MORE THAN 12 LANGUAGE OPTIONS". In the bottom right corner is a QR code.

HIPMC Virtual Webinar

HIPMC first virtual webinar was a success. Partners were able to learn more about the new **DASHBOARD** and the benefits of accessing to this amazing tool. Fresh Connections shared their success stories and barriers they faced to provide fresh food and vegetables at the beginning of the pandemic. If you want to watch the recording [**CLICK HERE**](#)



Arizona State University Workwell Study

The Workwell study is seeking individuals at least 18 years of age or older who spend the majority of their workday seated. Working from the office or home is accepted.

ASU College of Health Solutions wants to understand how sitting, standing and moving during your workday impacts your health.

- You could be compensated up to \$65
- Up to 25 lunches delivered to you from local restaurants.
- Will receive feedback on your blood sugar and activity levels.

Complete the short **[SURVEY](#)** and if you have any questions please call: 602-827-2274 or send an email to workwell@asu.edu

ASU College of
Health Solutions
Arizona State University



The WorkWell Study

Are you concerned about how prolonged sitting might impact your health? We are, too.

WHO: Seeking men and women at least 18 years old who spend the majority of their work day seated. *Working from office or home is accepted.*

WHAT: We want to understand how sitting, standing, and moving during your workday impacts your health.

HOW: Follow the link to complete a short online survey, or scan the included QR code.

WHAT'S IN IT FOR ME?

- Compensation up to \$65
- Up to 25 lunches on us, delivered to you from local restaurants
- Feedback on your blood sugar & activity levels



bit.ly/workwellscreen

**Questions?
Contact us at:**

**602-827-2274
or
workwell@asu.edu**

chs.asu.edu

Move One Million

51,332 Moved Today 49,728 Moved Yesterday

Move One Million is a nonprofit organization and free service bringing movement and mindfulness to humanity.

Just 5 minutes a day Broadcast every hour

Improve Physical Health

Improve Mental Health

Improve Social Health

BRING M1M TO YOUR ORGANIZATION

Move One Million is a nonprofit organization on a mission to standardize movement and mindfulness in our communities, giving everybody access to move daily, reduce stress, and feel connected with others for improved physical, mental, and social health.

REGISTER NOW to receive the daily broadcast emailed directly to your organization every morning.

Join along with Chris Powell in each broadcast, as he moves with friends from around the globe through the M1M routine - a total body warm up that EVERYBODY can do. Then let Chris guide your community through a 2-minute mindfulness exercise to reduce stress, and finish with positive affirmations to boost confidence and esteem.

Towns & Cities Small Business
 Schools Assisted Living
 Hospitals Organizations
 Corporations

REGISTER NOW

If you want to share your information please email:
Alejandra.Zavala@maricopa.gov or hipmc@maricopa.gov