



## Fact Sheet

# Health Impact Program (HIP)

### What is HIP?

HIP is a points-based employee wellness incentive program designed to promote healthy lifestyle choices and preventive health activities by State of Arizona employees. Participants will accumulate a minimum of 500 points to earn an incentive, up to \$200. The program will run from October 1, 2014 to September 30, 2015. Participating in HIP is a great way to improve your overall health and well-being.

### Who is eligible to participate?

All benefits eligible employees are eligible to participate in HIP. Spouses, dependents, and retirees are not eligible for HIP at this time. HIP is voluntary and participation based. Eligible employees will need to opt-in to the program; employees will not be automatically enrolled.

### How do I earn points?

HIP is an all encompassing wellness program designed to recognize your efforts toward a healthy lifestyle. Engage in a variety of wellness activities including physical activity, preventive screenings, health coaching, educational classes, and lifestyle management programs.

You may participate in multiple programs or activities, but must select at least ONE activity in each category\*. All activities must be completed and reported between October 1, 2014 and September 30, 2015.

### How do I get started?

Visit the [Mayo Clinic Healthy Living](#) portal. Start by creating an account using your EIN, email address, and DOB. The portal will serve as a tool to complete the Health Assessment and self-report all wellness activities.

### Where can I find wellness programs or activities?

You can access all wellness related information on the [Benefit Options Wellness](#) page. Educational programming, health screenings, interactive web tools, and health related services are provided to employees, retirees, and spouses for free or at low cost. For your convenience, the preventive screenings are available at your worksite. Please check the Event Schedule online. Classes and seminars can also be provided on-site upon request. To schedule a screening or class on-site, submit the Event Request Form.

### What is the incentive amount and when will I receive it?

Participants must achieve 500 total points by September 30, 2015 to be eligible to receive up to \$200; the amount may be lower depending on total participation. The payment will be processed in November 2015 and paid directly through payroll to those who successfully complete the program requirements.

**\*Please see back side for point structure**

# HIP Point System



Employees must earn 500\* points to receive an incentive payment - up to \$200. Engage in multiple programs in each category, but participants must select at least **ONE** activity in each category. Earn points from OCTOBER 1, 2014 to SEPTEMBER 30, 2015.

## Details

## Point Values

## Wellness Activity

Activity/Exercise	Wellness Activity	Point Values	Details
Preventive Screenings	Wellness approved walking program or on-site activity class series	Enrollment = 25 points Completion = 50 points	Request a wellness walking toolkit.
	Online Lifestyle Coaching	Enrollment = 25 points Completion = 50 points	Online health coaching sessions. Eligibility may apply. Provider: Medical Insurance.
	Fitness Class or Sports Team Participation	25 points	These events may be subject to verification. Please save a written proof or receipt of your participation.
	Gym Membership	25 points	
	Race Participation	25 points	
	Mayo Clinic Online Health Assessment	100 points	15-minute online health questionnaire to assess health status accessible on Mayo Clinic portal.
	Well Man Annual Visit OR Well Woman Annual Visit	100 points	Schedule an appointment with your physician. Provider: Medical Insurance.
	Mini Health Screen	75 points	On-site screenings available upon request. Provider: Healthwaves. Visit the event schedule online.
	Skin Cancer Screen	75 points	
	Osteoporosis Screen	50 points	FREE flu shot available to all eligible State of Arizona employees. Provider: Wellness Vendor** or Medical Provider.  Provider: Wellness Vendor** or Medical Provider.
Influenza vaccination	50 points		
Mammography Screen Prostate Cancer Screen	50 points 50 points		
Vision Exam	25 points	Schedule an appointment with your Vision Provider.	
Dental Cleaning	25 points (50 points max)	Schedule an appointment with your Dental Provider.	
Nutrition/Other	Telephonic Lifestyle Coaching	Enrollment = 50 points Completion = 75 points	Telephonic health coaching sessions available through Mayo clinic. Eligibility for coaching will be based on your Health Assessment results.
	eMindful	50 points (100 point max)	Online sessions to improve mindfulness, health and well-being at work. Provider: eMindful.
	Wellness Sponsored 1-hour Seminars	50 points (100 point max)	Lunch and learn sessions addressing topics from stress management to financial planning. Provider: Varies.
	On-site series courses	Enrollment = 50 points Completion = 75 points	Series topics to include: Weight, Nutrition, Stress, Cholesterol, Prehypertension, and/or Diabetes Management. Provider: Varies.
	Tobacco Free Program	Enrollment = 50 points Completion = 75 points	MedImpact, U of A, and ASHline provide a smoking cessation program available at no cost to eligible employees.
	Disease Management Program	Enrollment = 50 points Completion = 150 points	Program topics are available through your Medical Insurance Provider.
	Pregnancy Program	Enrollment = 25 points Completion = 75 points	Healthy Pregnancy Program is available through your Medical Insurance Provider.

\*Point values and program menu are subject to change based on ADOA contracts and funding. You may participate in a single program/activity multiple times, but will only earn points once per HIP year.  
\*\* On-site screening available upon request. Visit the event schedule online.