MAYO CLINIC

Enroll Now

See important information below

Sign up for Mayo Clinic Healthy Living Coaching before June 30, 2016!

Enroll in Mayo Clinic Healthy Living coaching by June 30, 2016. Take the health assessment to see if you qualify. If you qualify, you must enroll by June 30; this will allow you time to complete the program and earn 150 Health Impact Program points before the program ends on October 31, 2016.

Arizona Department of Administration
Benefit Options
Benefit Services Division

The Health Impact Program will run from January 1, 2016 - October 31, 2016. Employees must earn 500 points to receive an incentive payment of up to $200. Start your Journey today by logging on and enrolling in HIP 2016 and earn 25 points to get you started.

For complete HIP information, visit **http://benefitoptions.az.gov/wellness/**

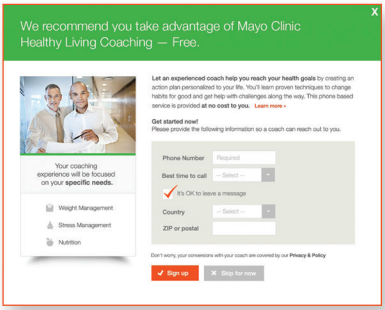
Questions: Contact **wellness@azdoa.gov** or **602.771.9355**

Get Started Today

Mayo Clinic Healthy Living Coaching

Do you have risk factors that may be impacting your health? Team up with a coach to put together a game plan that builds skills and confidence needed to make and sustain healthy habits. Focus on key lifestyle risks that impact your health and well-being including:

- Physical activity
- Weight management
- Tobacco cessation
- Nutrition
- Stress



It's easy to get started

1. Find out if you are eligible	Complete the Mayo Clinic health assessment at **bewellstaywell.az.gov** to find out if you are eligible for coaching.
2. Sign up by June 30, 2016	If you are eligible for coaching, a form will be displayed (shown above) at the end of the health assessment. Complete and submit the form.
3. Schedule your first call	A coach will call you to schedule your first call at a time that is convenient for you.
4. Your first coaching session	Your first coaching call will last approximately 30 minutes. You and your coach will discuss goals and create an action plan.
5. Earn HIP Points	Complete the program by October 31, 2016 and earn 150 HIP points.

Important Notice: *The last day to enroll in Mayo Clinic Coaching for the 2016 Health Impact Program is June 30, 2016. All eligible employees must enroll in coaching by June 30 to allow enough time to complete the full program and earn the 150 HIP points.*