

Content Area
2016 Health Impact Program – Q2 Update

Announcement

The ADOA Benefit Services Division would like to invite you to join a HIP program webinar update. No registration is required, simply connect on the date/time that works best for you!

Friday, July 15

- 9:00 am - 10:00 am
- 1:30 pm - 2:30 pm

Monday, July 18

- 9:00 am - 10:00 am
- 11:00 am - 12:00 pm

Wednesday, July 20

- 11:00 am - 12:00 pm
- 3:00 pm - 4:00 pm

Instructions for Joining the Webinar:

This event will be hosted through Adobe Connect web conferencing. To join the event, go to the following link at least 10 minutes before the start of the event:

<https://adoahrd.adobeconnect.com/hipbenefit/>

*Audio for this event will be provided through your computer only (voice over IP). Please make sure you have access to speakers or headphones.

If you have never attended an Adobe Connect meeting before:

- Test your connection:
https://adoahrd.adobeconnect.com/common/help/en/support/meeting_test.htm
- Get a quick overview:
<http://www.adobe.com/products/adobeconnect.html>

Should you have any questions, please contact Benefit Options - Wellness at 602-771-9355.

eMindful

Liaisons: Please share this information with your agency employees.

Announcing July eMindful sessions

Registration for the July 2016 eMindful sessions begins today!

Time to Get Moving! Overcoming Obstacles to Becoming More Active

Choose One:

- July 19th 1:00 pm Arizona time
- July 27th 11:00 am Arizona time

Improving Productivity and Performance with Emotional Intelligence and Mindfulness

Choose One:

- July 20th 12:00 pm Arizona time
- July 28th 11:00 am Arizona time

Employees can choose from four session dates and register for one session each month. Registration is limited to the first 400 participants each month. First time eMindful users will need to create a new account. When creating a new account, employees must use their Employee Identification Number (EIN) as the “Unique ID” when prompted. University employees will be required to use their Health Insurance ID Number (UA employees) OR Campus ID number (ASU employees) as their “Unique ID.” Please visit the [Classes page](#) of the Benefit Options Wellness website for class descriptions and registration information, or to get started [click here](#).

You can earn 50 points towards the 2016 Health Impact Program (HIP) for your participation. Points will be automatically issued approximately one to three months after session completion.

For assistance regarding access to eMindful services, please contact Tech Support at 1-855-211-1536 or techsupport@emindful.com.

For questions about Health Impact Program(HIP), please contact wellness@azdoa.gov or 602-771-9355.