

2016 HIP Point System

JANUARY 4, 2016 to OCTOBER 31, 2016

Employees must earn 500* points to receive an incentive payment - up to \$200***. Start your journey today!

	Wellness Activity	Point Values	Self-report	Details
Enroll	Enroll in HIP 2016 (NEW!)	25 pts	✓	Earn points when you get started.
	Enroll or register on your Health Plan portal (NEW!)	25 pts		Automatically receive points one month after registering.
Screening & Assessment	Well Woman Annual Visit ^ OR Well Man Annual Visit ^	100 pts		Visit your Benefit Options medical insurance provider**.
	Mammography Screen ^	50 pts		Visit a MOM screening or Benefit Options medical insurance provider**.
	Osteoporosis Screen ^	50 pts		Visit a Mini Health screening or Benefit Options medical insurance provider**.
	Prostate Cancer Screen ^	50 pts		Visit a POP screening or Benefit Options medical insurance provider**.
	Skin Cancer Screen	75 pts		Visit your Benefit Options medical insurance provider**.
	Colonoscopy (NEW!)	100 pts		
	Mini Health Screen	75 pts		Participate in a free workplace screening.
	Hemoglobin A1C (NEW!)	50 pts		Visit a Mini Health screening or Benefit Options medical insurance provider to get screened**.
	Mayo Clinic Online Health Assessment	150 pts		15-minute online health questionnaire via Mayo Clinic portal.
Healthy Lifestyle	Influenza vaccination ^	50 pts		Visit a Healthwaves flu clinic or your medical insurance provider**.
	Vision Exam	25 pts		Visit your Avesis provider to get screened.
	Dental Cleaning	25 pts (50 points max)		Get your cleaning through Delta Dental or TDA providers.
	Mayo Clinic Tracker - Fitness Journal (NEW!)	1 pt per day	✓	Track your progress on the Mayo Clinic portal. Earn 1 point per day, 25 points per tracker, 75 points max.
	Mayo Clinic Tracker - Food Journal (NEW!)	(25 pts per tracker, 75 points max)	✓	
	Mayo Clinic Tracker - Weight Tracker (NEW!)		✓	
	Complete a Wellness approved walking program	25 pts	✓	These events must be self-reported and may be subject to verification. Please submit registration form or attendance record to wellness@azdoa.gov.
	Fitness Class/Activity	25 pts	✓	
	Race Participation	25 pts	✓	
Gym Membership	25 pts	✓		
Organized Sports Team/Tournament Participation	25 pts	✓		
Education	Completion of Mayo Clinic Telephonic Coaching	150 pts		Telephonic health coaching sessions available through Mayo clinic. Eligibility may apply.
	Completion of Health Plan Online/Lifestyle Programs	50 pts per topic (150 points max)		Online lifestyle/coaching programs are available through your Benefit Options medical insurance provider. Eligibility may apply.
	Wellness Sponsored 1-hour Seminars AND/OR eMindful	50 pts (100 point max)	✓	Engage in workplace classes, or community programs OR Register for a monthly eMindful session on adoa.emindful.com.
Support	Completion of Tobacco Free Program	125 pts		Available directly through UofA/Ashline.
	Completion of Disease Management Program	200 pts		Program topics are available through your Benefit Options Medical Insurance Provider.
	Completion of Healthy Pregnancy Program	150 pts		Available through Benefit Options Medical Insurance Carrier.

*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.

**If you participate in an on-site screening or a screening through your medical provider, you will automatically earn your HIP points approximately one to three months after the medical service date.

***Incentives are subject to Federal and State Income, Social Security, and Medicare Taxes. If you have any questions, please consult your tax advisor.

^ Annual screenings offered through your Benefit Options medical provider with service dates from October 1 to December 31, 2015 will be automatically awarded HIP points.

Reasonable accommodations will be provided to individuals with disabilities.