



# HEALTH **IMPACT** PROGRAM

BENEFIT SERVICES DIVISION

## Have you registered for the NEW Quarterly HIP Challenges?

- **Quarter 4 is September 25th — December 24th**
- **Sept. 25:** Quarter 4 Challenges begin! Lots of *new* ways to earn HIP points! Accept new challenges and start logging points.  
[www.totalwellbeing.az.gov](http://www.totalwellbeing.az.gov)
- **Wellness Seminars — Diabetes Prevention & Diabetes: Basics & Beyond**, Register: <https://adoa.server.tracorp.com>, course codes: ADWELDIA101 or ADWELDIA102, webinar options: ADWELDIA101WEB or AZWELDIA102WEB, **Earn 25 points!**



### Did you know??

- ◆ There is still time to register, reach 500 points and earn up to \$200 for 2017!  
[www.totalwellbeing.az.gov](http://www.totalwellbeing.az.gov)
- ◆ Any eligible screenings/exams you completed as a benefits eligible state employee this year count towards your point total.
- ◆ To log an eligible activity or challenge, you must first accept it under “Unaccepted Challenges” on your home page **and** then log your completed activity.
- ◆ **Remember:** Quarterly challenges must be completed and logged in the same quarter.  
**Questions??** [wellness@azdoa.gov](mailto:wellness@azdoa.gov)



### Registration for eMindful Sessions begins Oct. 2

- **Stress Less, Live More:**  
*Creating Better Relationships with Mindfulness*
- **Weight Balance for Life:**  
*Exploring What Gets in the Way of Weight Loss*

Register: [adoa.emindful.com](http://adoa.emindful.com)