



# HEALTH **IMPACT** PROGRAM

BENEFIT SERVICES DIVISION

**JANUARY- DECEMBER 2017**

*Start your journey toward a healthy lifestyle today!*

## What is HIP?

A program designed to promote healthy lifestyle choices and preventive health activities for State of Arizona employees. HIP is a great and easy way to improve your overall health and well-being. Participants must accumulate a minimum of 500 points to earn an incentive, up to \$200.

## Eligibility

All benefits eligible employees should participate. Spouses, dependents, and retirees are not eligible for HIP at this time. Eligible employees are not automatically enrolled in the program, and must register on the website, [totalwellbeing.az.gov](http://totalwellbeing.az.gov). *Reasonable accommodations will be provided to individuals with disabilities.*

## New in 2017!

- We have a new and improved wellness website. The website will help employees take action, track progress, and earn points while striving towards better health.
- Quarterly challenges for physical, personal, professional and financial well-being.
- All wellness activities are now self-report. Points will be earned and reflected once the participant marks the activity completed. Please note activities are routinely audited and points will be removed if necessary.

## Get Started

1. Register on the HIP website [totalwellbeing.az.gov](http://totalwellbeing.az.gov).
2. Get your annual physical or schedule an onsite screening appointment through PickATime, to know your numbers.
3. Complete the online health assessment.
4. Participate in the quarterly challenges focused on physical, personal, professional and financial well-being.
5. Take action and complete qualified wellness activities, programs, classes or coaching.

## Earn Points

Engage in a variety of wellness activities including preventive screenings, classes, and support programs. All activities must be completed and reported during the 2017 calendar year on the website.

Health related services are provided to employees, for free or at low cost through Benefit Options Medical Plan vendors, many of which are provided at state agency worksites. Please check the online Events Schedule, for dates and locations.

## Incentive Payment

Participants must achieve 500 total points by December 31, 2017 to be eligible to receive up to \$200. The payment will be processed in the first quarter of 2018 for those who successfully complete the program requirements.

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

CONTACT US: [wellness@azdoa.gov](mailto:wellness@azdoa.gov) or 602-771-9355



Employees must earn 500 points to receive an incentive payment - up to \$200\*

ARIZONA DEPARTMENT OF ADMINISTRATION

Category	Wellness Activity	Point Values	Self-Report	Details
Enroll	<b>Enroll on the NEW HIP website</b>	25 pts	✓	Automatically earn points when you get started and register.
	Health Assessment	100 pts		15-minute online health questionnaire located on the HIP website.
	Well Woman Annual Visit (annual physical) OR Well Man Annual Visit (annual physical)	150 pts	✓	Visit your Benefit Options medical insurance provider.
	Mammography/Screen	100 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	100 pts	✓	Visit a POP screening or Benefit Options medical insurance provider.
	Prostate Specific Antigen Test (PSA) blood work only	50 pts	✓	Visit a Mini Health screening or Benefit Options medical insurance provider.
	Skin Cancer Screen	50 pts	✓	Visit your Benefit Options medical insurance provider.
	Colonscopy	100 pts	✓	Visit your Benefit Options medical insurance provider.
	Mini Health Screen	75 pts	✓	Participate in a free workplace screening.
	Hemoglobin A1C	50 pts	✓	Visit a Mini Health screening or Benefit Options medical insurance provider to get screened.
	Influenza vaccination	25 pts	✓	Visit a Healthwaves flu clinic or your medical insurance provider.
	Vision Exam	25 pts	✓	Visit your Aveis provider to get screened.
Dental Cleaning	25 pts	✓	Get your cleaning through Delta Dental or TDA providers.	
Healthy Lifestyle	Quarterly Challenges: physical, nutritional, personal, professional, and financial challenges <i>sync your fitness activity tracking device to log exercise, complete walking programs, fitness class/activity, race participation, gym membership, organized sports team/tournament participation and more!</i>	Up to 50 pts per quarter	✓	Engage in health and well-being challenges. Each quarter NEW and FUN challenges will be available to track and earn points. Areas of focus include physical, nutritional, personal, professional and financial challenges.
	Health Coaching Modules	25 pts per module (200 point max)		Engage and complete in Digital Health Coaching/Independent Study Modules. Eligibility may apply.
Education	Wellness Sponsored 1-hour Seminars	25 pts each, 1 per quarter (100 pt max)	✓	Engage in workplace classes, or community programs.
	eMindful Webinars	10 points each (20 pt max)	✓	Register monthly for an eMindful session through <a href="http://totalwellbeing.az.gov">totalwellbeing.az.gov</a> .
	Tobacco Free Program Clinically Supervised Weight Loss Program	150 pts 200 pts	✓	Available directly through UofA/ASHline**. Discounts may be available through your Benefit Option Medical Insurance Provider**.
Support	Disease Management Program	150 pts	✓	Program topics are available through your Benefit Options Medical Insurance Provider**.
	Healthy Pregnancy Program	150 pts	✓	Available through Benefit Options Medical Insurance Carrier**.

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\*\*Must complete program to receive full point value.

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