



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
- **Sept. 28: Wellness Seminar-Getting Ready to Buy a Home**
Register: <https://adoa.server.tracorp.com>, course code ADWELBUY or ADWELBUYWEB; Onsite presentation or webinar. **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
- ◆ 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



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