



HEALTH **IMPACT** PROGRAM

BENEFIT SERVICES DIVISION

Have you reached 500 HIP points?

- **Walk on Wednesdays through December 20th!**
Grab a co-worker, take a break and get some physical activity! Accept the HITT Workout Challenge, log the minutes you walk under the exercise tab and earn HIP points.
- **Quarter 4 Challenges** are in full swing! Accept new challenges and start logging HIP points. www.totalwellbeing.az.gov
- Looking for new ways to get more physical activity? Take part in [Wellness Wonders of AZ](#) through November 12.



Did you know??

- ◆ Our statewide goal for employees is to get to 500 points and earn up to \$200 for 2017!
www.totalwellbeing.az.gov
- ◆ Even if you enroll today, 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:** Employees have until 12/31/17 to log 500 HIP points and qualify to earn the incentive.
Questions?? wellness@azdoa.gov



Registration for eMindful Sessions begins Nov. 1

- **Stress Less, Live More:**
Secrets to Success by Creating a Personal Mindful Way to Reduce Stress
- **Weight Balance for Life:**
Holiday Eating

Register: adoa.emindful.com