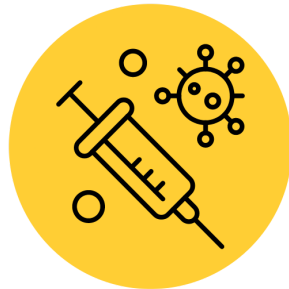


**April 2021 Issue:** COVID-19 Vaccines, new HIP platform, Service Members and Veterans Symposium, Pre-Retirement Webinars and more!

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### COVID-19 Vaccines

Vaccines are now available to all state residents 16 and over through the state vaccine portal [podvaccine.azdhs.gov](https://podvaccine.azdhs.gov) as well as county-run sites and local pharmacies. For details, please visit our [employee vaccine webpage](#).

### COVID-19 Tests

Appointments are available for rapid COVID-19 saliva-based testing each week in Phoenix and locations statewide. The test is easy, painless and fast, and you will receive results in about 24 to 48 hours. Visit [benefitoptions.az.gov/covid-19](https://benefitoptions.az.gov/covid-19) for test dates and registration information.

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### Health Impact Program (HIP) New Platform for 2021

On April 1, we launched our new HIP platform with Virgin Pulse to offer a state-of-the-art platform to all benefit-eligible employees. In the first 12 days, we have had more than 5,400 employees enroll on the new site!

There are so many ways to take part, including making challenges for yourself and your friends. Plus, you can sync your wearable fitness device and track your activities effortlessly to earn the \$200 annual incentive.

To receive the \$200 incentive payout, you must earn a minimum of 50,000 points by engaging in a variety of activities including daily, weekly, monthly and annual activities, preventive screenings, online health assessment, classes, and support programs by the end of the year. This year, spouses, adult dependents may participate and use the HIP website but are not eligible to earn the incentive.

To learn more, watch this [quick introduction video](#) with Governor Ducey and visit our [HIP page](#). To enroll, visit [join.virginpulse.com/hip](http://join.virginpulse.com/hip) or download the app by searching for "Virgin Pulse" in your app store.

### **April Wellbeing Resources**

Take a few moments to learn new tips you can use to improve your life every day.

#### **Webinars**

Earn **25 HIP points** for viewing a live or recorded [webinar](#) with the ability to earn up to 100 points per year. Live closed caption information can be found [here](#).

- **Parenting Your College-Age "Kids"** | Tues, April 27 | 11:30 am - 12:30 pm Arizona Time | [Registration](#) | [Flyer](#)
- **Arizona Smart Save Retirement Plan Webinar** | Wed, April 28 | 11 am - 12 pm Arizona Time | [Registration](#) | [Flyer](#)

#### **Lifestyle Topics**

Timely articles, videos and recipes from our medical carriers.

- **BlueCross BlueShield of Arizona**
  - National Stress Awareness Month-April | [Boost Your Emotional Well Being](#)
  - [Steak Salad Recipe](#)
- **UnitedHealthcare**
  - [Sleep Health Tips](#)
  - [Understanding Alcohol Use and Misuse Video](#) - 10 mins
  - [Hydration and Healthier Beverages Video](#) - 12 mins

*Note: You are not required to be enrolled with a carrier to view their information.*

### **Service Member and Veterans**

#### **Symposium April 21-22**

The Arizona Coalition for Military Families and our planning partners invite you to the 11th Annual Statewide Symposium. This

free event is in support of service members, veterans and their families.



## Program

- 4 general sessions featuring Arizona leadership and key statewide initiatives.
- 2 half-days of virtual programming focused on increasing knowledge, skills and abilities for serving the military, veteran and family population. Sessions are 8:30 am - 12:00 pm Arizona Time.
- 24 different breakout session topics across 5 tracks, with an emphasis on discussion and a Q&A for every breakout.
- Opportunities to network with representatives from the military, government and community agencies.
- Virtual sponsor and exhibitor area with program information and resources to assist service members, veterans and their families.

Learn more - [ArizonaCoalition.org/Symposium](https://ArizonaCoalition.org/Symposium)

Free to Attend! Register by April 16 - [2021symposium.eventbrite.com](https://2021symposium.eventbrite.com)



### ADOA Pre-Retirement Webinars

Is your retirement coming up in the next 12 months? Our pre-retirement webinar will help you to better prepare for your future retirement by offering a better understanding of your retirement benefits. There are presentations from ADOA Benefits, Social Security Administration, Retiree Accumulated Sick Leave (RASL), Arizona Smart Save (Deferred Compensation), and Arizona State Retirement System (ASRS). Visit our [pre-retirement page](#) to enroll.

### Questions?

Please contact a Benefit Options representative by phone 602-542-5008, toll-free 1-800-304-3687, by email



benefits@azdoa.gov or visit  
[benefitoptions.az.gov](https://benefitoptions.az.gov). Our office is closed  
for walk-ins at this time, but we can help you  
virtually Monday-Friday, 8 am - 5 pm  
Arizona Time, except holidays



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