



HEALTH IMPACT PROGRAM

JANUARY 13 - DECEMBER 31, 2020

ENROLL TODAY! TOTALWELLBEING.AZ.GOV



WHAT IS HIP?

The Health Impact Program (HIP) is a voluntary, comprehensive well-being program to help you achieve your physical, financial, personal and professional well-being goals all the while having fun and reaching milestones along the way. This award-winning program is brought to you by the State of Arizona Department of Administration-Benefit Options.



NEED AN INCENTIVE? HOW'S \$200?

Though we hope the biggest incentive is achieving your best health, in addition, we have great things in store for you—such as quarterly prize drawings. Best of all, if you earn 500 total points during the program period, you may be eligible to receive up to \$200 in your paycheck.*



EARNING POINTS - GET TO 500!

There are many easy ways to earn points! First, you can earn points for the \$0 cost preventive screenings already included your medical, dental and vision coverage. That's right—earn points for an annual physical exam, dental cleaning, eye exam and more. Then, you can add more points with physical challenges and well-being activities. See the points chart on the back of this flyer.



NEW! EARN AND TRACK POINTS ON THE GO

Our new app syncs with the HIP portal on totalwellbeing.az.gov to put your HIP info at your fingertips. Plus, the portal auto-syncs with many wearable devices such as Fitbit and Runkeeper, which means less tracking for you. Download the “MyHealth By Telligen” app from your app store.



GET STARTED TODAY!

- Register at totalwellbeing.az.gov.** For your EIN, add leading zeros to make it 9 digits. Example: 000123456. Universities can find EIN info on the HIP tab at wellness.az.gov.
- Get your annual physical with your doctor and/or schedule an onsite mini-health screen.**
- Complete the Online Health Assessment at totalwellbeing.az.gov** using the data from your annual physical and/or mini-health screen.
- Participate in quarterly challenges for physical, personal, professional and financial well-being.**
- Complete qualified wellness activities, screenings, programs, classes and/or coaching.**
- Earn 500 points during the program period to receive the \$200 incentive payment*.**



ELIGIBILITY

All active, benefits-eligible employees should participate in this free program*. State of Arizona benefit plan enrollment is not required. Spouses, dependents and retirees are not eligible. To participate, enroll today or log into your HIP account at totalwellbeing.az.gov.



2020 PROGRAM | JANUARY 13-DECEMBER 31, 2020

GET TO 500 POINTS & EARN AN INCENTIVE UP TO \$200*

POINTS	ACTIVITY	DETAILS
<input type="checkbox"/> 200	ANNUAL PHYSICAL EXAM	annual physical exam with medical insurance provider
<input type="checkbox"/> 200	WEIGHT MANAGEMENT	partners include Real Appeal, Naturally Slim and WW**
<input type="checkbox"/> 200	DIABETES PREVENTION NEW!	the National Diabetes Prevention Program is a 12-month lifestyle change program shown to reduce the risk of Type 2 diabetes **
<input type="checkbox"/> 175	ONLINE HEALTH ASSESSMENT 25 MORE PTS!	questionnaire takes just 15 minutes on the HIP website
<input type="checkbox"/> 150	PHYSICAL ACTIVITY	track physical activity via the "Manage Your Minutes" challenges on the HIP website, up to 150 points annually
<input type="checkbox"/> 150	DISEASE MANAGEMENT PROGRAM	available through medical insurance carrier
<input type="checkbox"/> 150	HEALTHY PREGNANCY PROGRAM	available through medical insurance carrier
<input type="checkbox"/> 150	TOBACCO CESSATION PROGRAM	current tobacco users only, through UA/ASHline
<input type="checkbox"/> 100	MINI-HEALTH SCREEN	with convenient yearly workplace screening
<input type="checkbox"/> 100	COLONOSCOPY	with medical insurance provider
<input type="checkbox"/> 100	MAMMOGRAPHY	with workplace MOM ¹ screening or medical insurance provider
<input type="checkbox"/> 100	WELL-WOMAN EXAM	annual well visit with medical insurance provider
<input type="checkbox"/> 100	PROSTATE CANCER SCREEN MANUAL (PHYSICAL) EXAM & BLOOD TEST (PSA)	with workplace POP ¹ screening or medical insurance provider
<input type="checkbox"/> 50	PROSTATE SPECIFIC ANTIGEN (PSA) BLOOD TEST	with workplace mini-health screen or medical insurance provider
<input type="checkbox"/> 50	HEMOGLOBIN A1C	with workplace mini-health screen or medical insurance provider
<input type="checkbox"/> 50	QUARTERLY CHALLENGES ²	reach nutritional, personal, professional and financial goals via challenges on the HIP website
<input type="checkbox"/> 50	SKIN CANCER SCREEN	with medical insurance provider
<input type="checkbox"/> 50	DIGITAL HEALTH COACHING	via HIP website or medical insurance carrier
<input type="checkbox"/> 25	DENTAL CLEANING	with dental insurance provider, up to 50 points with two cleanings annually at 25 points each
<input type="checkbox"/> 25	FLU SHOT	with workplace clinic, pharmacy or medical insurance provider
<input type="checkbox"/> 25	OSTEOPOROSIS SCREEN	with workplace mini-health screen or medical insurance provider
<input type="checkbox"/> 25	TELEMEDICINE VISIT NEW!	see a doctor in minutes via the Doctor on Demand app or medical insurance carrier's service, up to 25 points annually
<input type="checkbox"/> 25	VISION EXAM	with vision insurance provider
<input type="checkbox"/> 25	WELLNESS SEMINARS/WEBINARS	nutritional, personal, professional and financial topics via the HIP website (live or pre-recorded), up to 100 points annually
<input type="checkbox"/> 25	HIP PROGRAM ENROLLMENT	for NEW sign ups only – enroll at totalwellbeing.az.gov

PROGRAM RULES: All active, benefits-eligible employees should participate in this program. State of Arizona benefit plan enrollment is not required. Spouses, dependents and retirees are not eligible. To participate, you must enroll or log into your HIP account at totalwellbeing.az.gov. You must meet program participation eligibility and completion criteria to receive points. Reasonable accommodations will be provided to individuals with disabilities. All information is administered by a third party, is not shared with your employer, remains private and is governed by federal HIPAA rules.

*Exact incentive amount may be lower depending on program participation. Incentives are subject to federal and state taxes. Consult your tax advisor. All activities are subject to verification by program administrator. *When requirements are met, payout is included in a paycheck during the first quarter of 2021. You must be an active, benefits-eligible employee throughout the program period AND the payout period to receive the payout.*

**Partner information listed on wellness.az.gov under the Health Management tab. Clinically supervised programs via physician or a recognized program that meets the requirements on wellness.az.gov under the Health Management tab.

¹ Mobile Onsite Mammography or Prostate Onsite Project.

² Reaching 50 points requires completing multiple challenges.



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PROGRAM INFO - WELLNESS.AZ.GOV/HIP

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