



HEALTH IMPACT PROGRAM

JANUARY 7 - DECEMBER 31, 2019

ENROLL TODAY! TOTALWELLBEING.AZ.GOV



WHAT IS HIP?

The Health Impact Program (HIP) is a comprehensive well-being program to help you achieve your physical, financial, personal and professional well-being goals all 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.* You must be an active, benefits-eligible employee throughout the program period and the payout period to receive the incentive payment.



EARNING POINTS - GET TO 500!

Screenings, exams and activity challenges are self-reported and provide easy ways to earn points! Plus, the system auto-syncs with many wearable devices such as Fitbit and Runkeeper, which means less tracking for you. See the points list on the back of this flyer.



GET STARTED!

- 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 on the Event tab at wellness.az.gov.
- Complete** the Health Assessment at totalwellbeing.az.gov using the data from your 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 program*. State of Arizona medical plan enrollment is not required. Spouses, dependents and retirees are not eligible. To participate, you must enroll in or log into HIP at totalwellbeing.az.gov. Reasonable accommodations will be provided to individuals with disabilities.



2019 HIP POINTS

JANUARY 7 – DECEMBER 31, 2019

GET TO 500 POINTS & EARN AN INCENTIVE UP TO \$200*
ENROLL TODAY! TOTALWELLBEING.AZ.GOV

POINTS	ACTIVITY	DETAILS
200	WELL-WOMAN/WELL-MAN VISIT	annual physical with medical insurance provider
200	WEIGHT MANAGEMENT NEW PROGRAMS!	see new partners Real Appeal, Naturally Slim, Weight Watchers and more on wellness.az.gov **
150	HEALTH ASSESSMENT QUESTIONNAIRE	takes just 15 minutes on the HIP website
150	PHYSICAL ACTIVITY NEW FOR 2019!	track physical activity via challenges on the HIP website; earn up to 150 points annually
150	DISEASE MANAGEMENT PROGRAM ¹	available through medical insurance provider; program requirements apply
150	HEALTHY PREGNANCY PROGRAM ¹	available through medical insurance provider; program requirements apply
150	TOBACCO CESSATION PROGRAM ¹	through UA/ASHline, current tobacco users only
100	MINI-HEALTH SCREEN 25 MORE POINTS!	NEW - fasting blood work and waist circumference requirements provide more informative results from your convenient yearly workplace screening
100	COLONOSCOPY	through medical insurance provider
100	MAMMOGRAPHY	through workplace MOM ² screening or medical insurance provider
100	PROSTATE CANCER SCREEN MANUAL (PHYSICAL) EXAM & BLOOD TEST (PSA)	through workplace POP ² screening or medical insurance provider
50	PROSTATE SPECIFIC ANTIGEN (PSA) BLOOD TEST	through workplace mini-health screen or medical insurance provider
50	HEMOGLOBIN A1C	through workplace mini-health screen or medical insurance provider
50	QUARTERLY CHALLENGES ³	reach nutritional, personal, professional and financial goals via challenges on the HIP website
50	SKIN CANCER SCREEN	through medical insurance provider
50	HEALTH COACHING 20 MORE POINTS!	online courses, eligibility requirements apply
25	DENTAL CLEANING	through dental insurance provider, earn up to 50 points for two cleanings per year at 25 points each
25	FLU SHOT	through onsite clinic or medical insurance provider
25	OSTEOPOROSIS SCREEN	through workplace mini-health screen or medical insurance provider
25	VISION EXAM	through vision insurance provider
25	WELLNESS SEMINARS/WEBINARS	HIP-sponsored programs, earn up to 100 points
25	HIP PROGRAM ENROLLMENT	for new sign ups only – enroll at totalwellbeing.az.gov

* Exact incentive amount may be lower depending on participation. Incentives are subject to federal and state taxes. Consult your tax advisor. You must be an active, benefits-eligible employee throughout the program period and the payout period to receive the incentive payment. When you successfully complete the requirements, the payout will be included in your paycheck during the first quarter of 2020. All activities are subject to verification by program administrator before points are awarded.
 ** Clinically supervised programs via your physician or a recognized program that meets the requirements listed on wellness.az.gov under the Health Management tab. Must complete full program to receive point value.
¹ Must complete full program to receive point value. Eligibility requirements apply.
² Mobile Onsite Mammography or Prostate Onsite Project.
³ Reaching 50 points requires completing multiple challenges.
 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.



Enroll: totalwellbeing.az.gov
 Info: wellness.az.gov
wellness@azdoa.gov | 602.771.9355