



Health Impact Program Benefit & Wellness Liaison Training - January 2019

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Agenda

- HIP 2018 Recap & Engagement Summary
- What's New for 2019
- Wellness Website Demo
- HIPster Recognition
- Fact Sheet Distribution



HIP



Introduction



What is HIP?

HIP is a comprehensive well-being program to help you achieve your well-being goals in the following areas:

- Physical
- Financial
- Personal
- Professional

All while having fun and reaching milestones along the way!

HIP



Eligibility



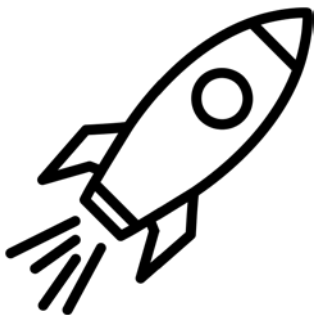
- All active, benefits-eligible employees should participate, **whether or not they are enrolled in an ADOA medical plan.**
- Spouses, dependents, and retirees **are not eligible.**
- To participate, you must enroll in or log into HIP at totalwellbeing.az.gov
- You must be an active, benefits-eligible employee throughout the **program period and at the time of the payout** to receive the incentive payment.
- Reasonable accommodation will be provided to individuals with disabilities.



HiP



Getting Started



- Register at totalwellbeing.az.gov
- Get your annual physical at your doctor
 - and/or **schedule** a mini-health screening under the Events Tab.
- **Complete** the Health Assessment online with the data from your physical or mini-health screen.
- **Participate** in the quarterly challenges focused on physical, personal, professional and financial well-being.
- **Complete** qualified wellness activities, programs, classes or coaching.



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Getting to



- Screenings, exams, and activity challenges are self-reported and provide easy ways to earn points!
- The system auto-syncs with many wearable devices such as Fitbit and Runkeeper which means less tracking for you!
- For a full list of points, see the back of the Point Sheet.
- All activities are subject to verification by the program administrator.



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Incentive - \$200



- Incentive remains at \$200 and quarterly prize drawings will be offered.
- The greater value is achieving your best health.
- If you earn 500 total points during the program period: January 7-December 31, 2019, 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 at the time of the payout** to receive the incentive payment.

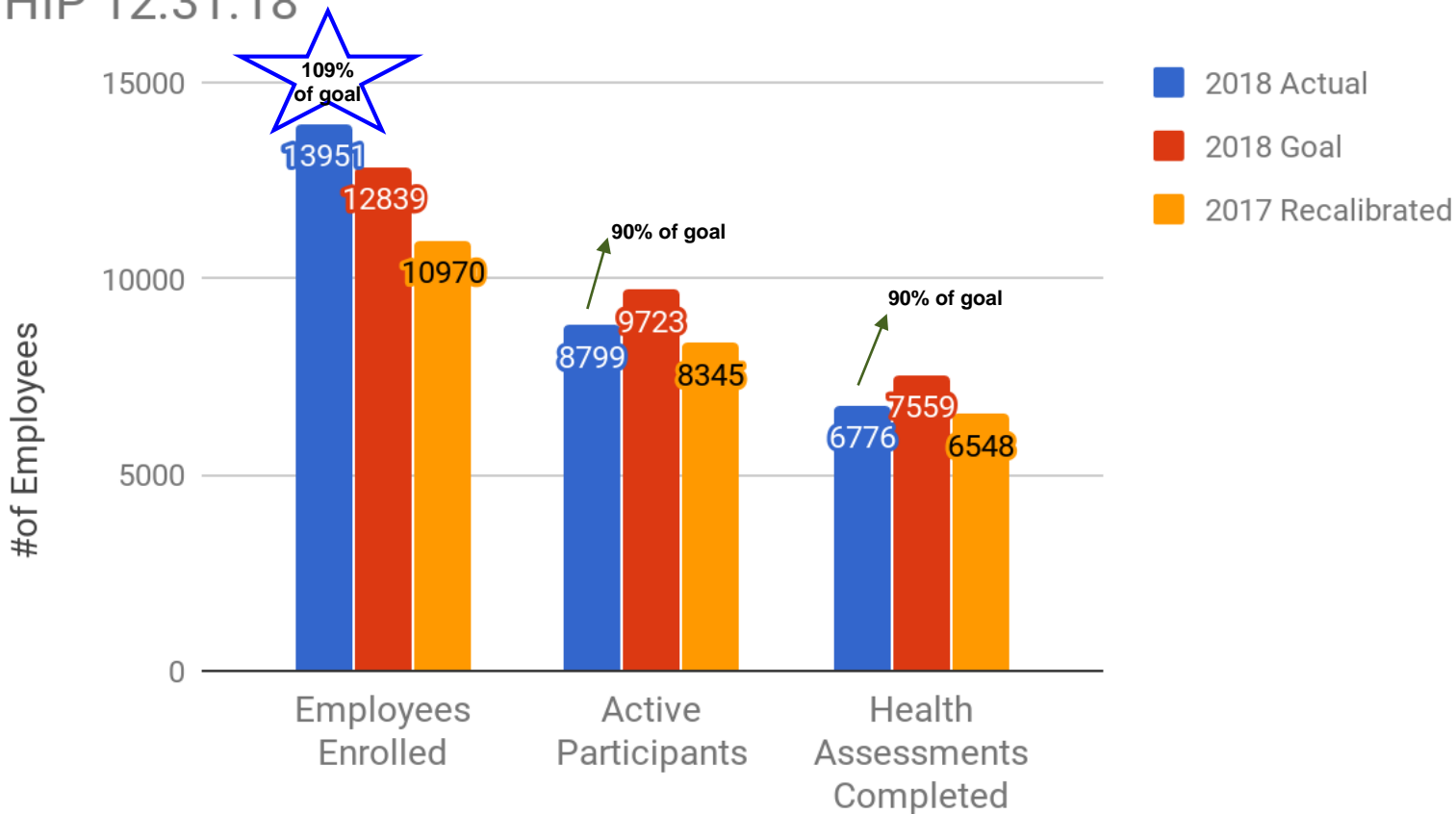
**Exact incentive amount may be lower depending on participation. Incentives are subject to Federal and State taxes.*

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Year Over Year Results

HIP 12.31.18





What's New 2019

- Dates are January 7 – December 31, 2019.
- More emphasis on certain health components and point system:
 - Weight Management Programs - **new partners**
 - Physical Activity – **track physical activity via year long challenge**
 - Mini Health Screen – **new fasting blood work and waist circumference requirements - now 100 points**
 - Digital Health Coaching Completion – **now 50 points**
 - Wellness seminars and webinars – **up to four annually**
- Mobile App launch - Challenge in Q2.

HIP 2019 Flyer

HiP 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.

ARIZONA
DEPARTMENT OF ADMINISTRATION
BENEFITS

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

*See reverse side for eligibility and rules.

HiP HEALTH IMPACT PROGRAM 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 <small>NEW PROGRAMS!</small> | 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 <small>NEW FOR 2019!</small> | 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 ² | through UA/ASHline, current tobacco users only |
| 100 | MINI-HEALTH SCREEN <small>25 MORE POINTS!</small> | 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 ³ screening or medical insurance provider |
| 100 | PROSTATE CANCER SCREEN MANUAL (PHYSICAL) EXAM & BLOOD TEST (PSA) | through workplace POP ³ 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 ⁴ | reach nutritional, personal, professional and financial goals via challenges on the HIP website |
| 50 | SKIN CANCER SCREEN | through medical insurance provider |
| 50 | HEALTH COACHING <small>25 MORE POINTS!</small> | 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 |

*Point totals shown may be lower depending on participation. Incentives are subject to federal and state laws. Enroll per the active list used to set active, benefits-eligible employees throughout the program period and the payout period to receive the incentive payment. When you successfully complete the registration, the point will be credited to your profile during the first quarter of 2019. All activities are subject to mandatory program administration before points are awarded.
¹ Health-related programs are user-driven or a required program for most of the requirements listed on wellness.az.gov under the Health Management tab. Some require full program to receive point value.
² Must complete full program to receive point value. Eligibility requirement apply.
³ Mobile, Onsite, Homebased or Flexible Onsite Program.
⁴ Earning 10 points require completing multiple challenges.
 Reasonable accommodations will be provided to individuals with disabilities.
 All information is administered by a third party, in our shared work with our employees, receive points and is generated by federal HRSA's site.

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

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wellness.az.gov

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HIP **2019 PROGRAM LAUNCH**
MONDAY, JANUARY 7

More Point Options for 2019!
[Learn more about our award-winning program.](#)

| NEW! WEIGHT MANAGEMENT | EMPLOYEE ASSISTANCE PROGRAM EAP | MINI-HEALTH SCREEN |
|--|---|---|
| <p>We have new programs for 2019! Get where you want to be with Real Appeal, Naturally Slim, Weight Watchers and more great partners!</p> <p>Learn More</p> | <p>Counseling and so much more. EAP is here to help with the care, information and resources needed to handle life's challenges. All benefits-eligible employees, spouses and dependents can take advantage of EAP services.</p> <p>Learn More</p> | <p>Take control! Get the numbers you need to know to make a difference in your health this year. Mini-Health Screens are free and conveniently scheduled at your agency.</p> <p>Learn More</p> |



HIP



Kick-Off

Liaison Comms & Training Jan 4 – 10

- In person
- Webinars, recording can be viewed later
- Presentation on Liaison website

Point Sheets Jan 4 - 17

- New point structure for 2019
- Will interoffice/mail
- Posted on Wellness & Liaison sites
- Promote to your agency

Screening Schedule Launch Jan 10

- Healthwaves Mini-Screening
- MOM
- POP
- Flu Shots

HIP



Promotion

Meetings/
Webinars

- Vendor Programs
- On-site Activities

Targeted
Communication

- Success/Champion Stories
- Quarterly Updates
- Increased Agency Stats
- Cut/Paste Emails

HIP



Become a Certified HIPSTER



**HOLD
HIP INTRO
MEETINGS**



**HOLD
ON-SITE
SCREENING/
ACTIVITY**



**DEVELOP
AGENCY HIP
GOALS**



**SUPPORT
HIP &
BENEFITS
COMMS**



**ATTEND
LIAISON
TRAININGS/
WEBINARS**

HIPSTER



HIPSTER Class of 2018

Liz Badalamenti

Arizona State University

Shari Cochran-Burda

Commission for the Deaf and the Hard of Hearing

Brian Ludwig

Arizona Department of Health Services

Cora Winans

Arizona Game and Fish



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Q & A