



HEALTH IMPACT PROGRAM

JANUARY 8 - DECEMBER 31, 2018

ENROLL TODAY! TOTALWELLBEING.AZ.GOV



WHAT IS HIP?

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. Brought to you by the State of Arizona BenefitOptions.



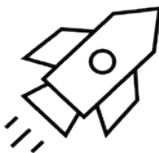
NEED AN INCENTIVE? HOW'S \$200?

Though we hope the biggest incentive is achieving your best health, in addition, we have a lot of great things in store for you—such as quarterly prize drawings. Best of all, if you earn 500 total points during the program period: January 8-December 31, 2018, 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 more than 35 wearable devices such as Fitbit and Runkeeper which means less tracking for you! For a full list of points, see the back of this flyer. All activities are subject to verification by the program administrator.



GET STARTED!

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



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 the payout period to receive the incentive payment.* Reasonable accommodations will be provided to individuals with disabilities.

**Exact incentive amount may be lower depending on participation. Incentives are subject to Federal and State taxes. Consult your tax advisor. When you successfully complete the requirements, the payout will be included in your paycheck during the first quarter of 2019. All activities are subject to verification by the program administrator.*



2018 HIP POINTS

JANUARY 8 – DECEMBER 31, 2018

“GET TO 500” & EARN AN INCENTIVE UP TO \$200*
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POINTS	ACTIVITY	DETAILS
200	WELL-WOMAN/WELL-MAN VISIT	<i>annual physical with medical insurance provider</i>
200	WEIGHT LOSS PROGRAM¹	<i>clinically supervised; program requirements apply</i>
150	HEALTH ASSESSMENT QUESTIONNAIRE	<i>takes just 15 minutes on the HIP website</i>
150	DISEASE MANAGEMENT PROGRAM¹	<i>available through medical insurance provider; program requirements apply</i>
150	HEALTHY PREGNANCY PROGRAM¹	<i>available through medical insurance carrier</i>
150	TOBACCO CESSATION PROGRAM¹	<i>through UA/Ashline, current tobacco users only</i>
100	COLONOSCOPY	<i>through medical insurance provider</i>
100	MAMMOGRAPHY	<i>through workplace MOM² screening or medical insurance provider</i>
100	PROSTATE CANCER SCREEN EXAM	<i>through workplace POP² screening or medical insurance provider</i>
75	MINI-HEALTH SCREEN	<i>participate in a free workplace screening once per year</i>
50	HEMOGLOBIN A1C	<i>through workplace mini-health screen or medical insurance provider</i>
50	PROSTATE SPECIFIC ANTIGEN BLOOD TEST (PSA)	<i>through workplace mini-health screen or medical insurance provider</i>
50	QUARTERLY CHALLENGES³	<i>reach physical, nutritional, personal, professional & financial goals via challenges on HIP website</i>
50	SKIN CANCER SCREEN	<i>through medical insurance provider</i>
30	HEALTH COACHING MODULES	<i>online courses, eligibility requirements apply</i>
25	DENTAL CLEANING	<i>through dental insurance provider, earn up to 50 points for two cleanings per year at 25 points each</i>
25	FLU SHOT	<i>through onsite clinic or medical insurance provider</i>
25	OSTEOPOROSIS SCREEN	<i>through workplace mini-health screen or medical insurance provider</i>
25	VISION EXAM	<i>through vision insurance provider</i>
25	WELLNESS SEMINARS/WEBINARS	<i>HIP-sponsored programs, up to five annually, earn up to 125 points</i>
25	HIP PROGRAM ENROLLMENT	<i>for NEW program participants only; visit totalwellbeing.az.gov to enroll</i>

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¹ Must complete full program to receive point value. Contact your medical insurance provider or carrier for potential discounts. 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 ACTIVITIES ARE SUBJECT TO VERIFICATION BY PROGRAM ADMINISTRATOR.



**HIP enrollment: totalwellbeing.az.gov
wellness@azdoa.gov | 602.771.9355
benefitoptions.az.gov/wellness/**