

# HIP Point System

Employees must earn 500\* points to receive an incentive payment - up to \$200. Engage in multiple programs in each category, but participants must select at least **ONE** activity in each category. Earn points from OCTOBER 1, 2014 to SEPTEMBER 30, 2015.

	<i>Wellness Activity</i>	<i>Point Values</i>	<i>Details</i>
<b>Activity/Exercise</b>	Wellness approved walking program or on-site activity class series	Enrollment = 25 points Completion = 50 points	Request a wellness walking toolkit.
	Online Lifestyle Coaching	Enrollment = 25 points Completion = 50 points	Online health coaching sessions. Eligibility may apply. Provider: Medical Insurance.
	Fitness Class or Sports Team Participation	25 points	These events may be subject to verification. Please save a written proof or receipt of your participation.
	Gym Membership	25 points	
Race Participation	25 points		
<b>Preventive Screenings</b>	Mayo Clinic Online Health Assessment	100 points	15-minute online health questionnaire to assess health status accessible on Mayo Clinic portal.
	Well Man Annual Visit OR Well Woman Annual Visit	100 points	Schedule an appointment with your physician. Provider: Medical Insurance.
	Mini Health Screen	75 points	On-site screenings available upon request. Provider: Healthwaves. Visit the event schedule online.
	Skin Cancer Screen	75 points	
	Osteoporosis Screen	50 points	
	Influenza vaccination	50 points	FREE flu shot available to all eligible State of Arizona employees. Provider: Wellness Vendor** or Medical Provider.
	Mammography Screen Prostate Cancer Screen	50 points 50 points	Provider: Wellness Vendor** or Medical Provider.
	Vision Exam	25 points	Schedule an appointment with your Vision Provider.
	Dental Cleaning	25 points (50 points max)	Schedule an appointment with your Dental Provider.
<b>Nutrition/Other</b>	Telephonic Lifestyle Coaching	Enrollment = 50 points Completion = 75 points	Telephonic health coaching sessions available through Mayo clinic. Eligibility for coaching will be based on your Health Assessment results.
	eMindful	50 points (100 point max)	Online sessions to improve mindfulness, health and well-being at work. Provider: eMindful.
	Wellness Sponsored 1-hour Seminars	50 points (100 point max)	Lunch and learn sessions addressing topics from stress management to financial planning. Provider: Varies.
	On-site series courses	Enrollment = 50 points Completion = 75 points	Series topics to include: Weight, Nutrition, Stress, Cholesterol, Prehypertension, and/or Diabetes Management. Provider: Varies.
	Tobacco Free Program	Enrollment = 50 points Completion = 75 points	MedImpact, U of A, and ASHline provide a smoking cessation program available at no cost to eligible employees.
	Disease Management Program	Enrollment = 50 points Completion = 150 points	Program topics are available through your Medical Insurance Provider.
	Pregnancy Program	Enrollment = 25 points Completion = 75 points	Healthy Pregnancy Program is available through your Medical Insurance Provider.

\*Point values and program menu are subject to change based on ADOA contracts and funding. You may participate in a single program/activity multiple times, but will only earn points once per HIP year.

\*\* On-site screening available upon request. Visit the event schedule online.