Health Impact Program (HIP)

January 4 - October 31, 2016

Are you HIP to a healthy lifestyle?

Join the 2016 Health Impact Program (HIP) and **start** your journey today!
Employees must earn 500 points to receive an incentive payment - up to $200.

Follow these easy steps and begin your path to wellness:

1 **Register or log onto** the Mayo Clinic portal, *bewellstaywell.az.gov* **and your** medical providers website.

2 **Get** your annual physical or screenings to know your numbers. Then, complete the Mayo Clinic Health Assessment.

3 **Practice** healthy habits. Focus on achieving your health goals.

4 **Take action** and participate in qualified wellness classes or coaching.

5 **Track** your progress on the Mayo Clinic portal, *bewellstaywell.az.gov.*

500 HIP

For more information, visit the Benefit Options webpage, *benefitoptions.az.gov/wellness* or contact Wellness at 602-771-9355 or wellness@azdoa.gov.

Arizona Department of Administration
Benefit Options
Benefit Services Division