

# Health Impact Program (HIP)

**JANUARY 4 TO OCTOBER 31, 2016**

*Start your journey toward a healthy lifestyle today!*



## What is HIP?

HIP is a points-based employee wellness incentive program designed to promote healthy lifestyle choices and preventive health activities by State of Arizona employees. Participants will accumulate a minimum of 500 points to earn an incentive, up to \$200. HIP is a great way to improve your overall health and well-being.

## Eligibility

All benefits eligible employees are encouraged to participate. Spouses, dependents, and retirees are not eligible for HIP at this time. HIP is voluntary and participation based. Eligible employees will need to opt-in to the program; employees will not be automatically enrolled.

***Reasonable accommodations will be provided to individuals with disabilities.***

## Get Started

Register or log onto the Mayo Clinic Healthy Living portal, [www.bewellstaywell.az.gov](http://www.bewellstaywell.az.gov). Also, visit your Benefit Options medical providers website to learn about programs available to you.

## Earn Points

Engage in a variety of wellness activities including physical activity, preventive screenings, classes, lifestyle and health management support programs.

All activities must be completed and reported between January 4, 2016 and October 31, 2016 on the [Mayo Clinic Healthy Living](#) portal.

## Wellness Activities and Programs

Educational programming, health screenings, interactive web tools, and health related services are provided to employees, for free or at low cost through Benefit Options Medical Plan. For your convenience, the preventive screenings are available at your worksite. Please check the [Event Schedule](#) online. You can access all wellness related information on the [Benefit Options Wellness](#) page.

## New in 2016!

The HIP program focus will incorporate a process of Engagement, Taking Action, and Tracking Progress, along the path toward better health, while earning HIP points.

1. Register or log onto the Mayo Clinic Healthy Living portal.
2. Get your annual physical or schedule an onsite screening appointment through [PickATime](#), to know your numbers. Then, complete the Mayo Clinic Health Assessment.
3. Additional screenings—Hemoglobin A1C and Colonoscopy (for those who meet screening criteria) can earn points toward HIP.
4. Utilize the Mayo Healthy Living Online Trackers (Fitness Journal, Food Journal, & Weight Trackers).
5. Take action and participate in qualified wellness activities, classes or coaching.

## Self-report vs Automatic Points

If you participate in an on-site screening or a screening through your Benefits Options medical provider, you will automatically earn your points approximately one to three months after the medical service date and the activity has been verified.

Annual screenings offered through your Benefit Options medical provider with service dates from October 1 to December 31, 2015 will be automatically awarded HIP points.

For all self-report activities, please submit registration form or attendance record to [wellness@azdoa.gov](mailto:wellness@azdoa.gov). For Agency led programs (i.e. ComPsych classes or worksite walking programs) the liaison will submit attendance roster.

## Incentive Payment

Participants must achieve 500 total points by October 31, 2016 to be eligible to receive up to \$200; the amount may be lower depending on total participation. The payment will be processed in December 2016 and mailed as a separate check to those who successfully complete the program requirements.

\* Incentives are subject to Federal and State Income, Social Security, and Medicare Taxes. If you have any questions, please consult your tax advisor.