

Employees must earn 500 points to receive an incentive payment - up to \$200*

ARIZONA DEPARTMENT OF ADMINISTRATION

Category	Wellness Activity	Point Values	Self-Report	Details
Enroll	Enroll on the NEW HIP website	25 pts	✓	Automatically earn points when you get started and register.
Screening & Assessment	Health Assessment	100 pts		15-minute online health questionnaire located on the HIP website.
	Well Woman Annual Visit (annual physical) OR Well Man Annual Visit (annual physical)	150 pts	✓	Visit your Benefit Options medical insurance provider.
	Mammography Screen	100 pts	✓	Visit a MOM screening or Benefit Options medical insurance provider.
	Osteoporosis Screen	50 pts	✓	Visit a Mini Health screening or Benefit Options medical insurance provider.
	Prostate Cancer Screen	100 pts	✓	Visit a POP screening or Benefit Options medical insurance provider.
	Prostate Specific Antigen Test (PSA) blood work only	50 pts	✓	Visit a Mini Health screening or Benefit Options medical insurance provider.
	Skin Cancer Screen	50 pts	✓	Visit your Benefit Options medical insurance provider.
	Colonscopy	100 pts	✓	Visit your Benefit Options medical insurance provider.
	Mini Health Screen	75 pts	✓	Participate in a free workplace screening.
	Hemoglobin A1C	50 pts	✓	Visit a Mini Health screening or Benefit Options medical insurance provider to get screened.
	Influenza vaccination	25 pts	✓	Visit a Healthwaves flu clinic or your medical insurance provider.
	Vision Exam	25 pts	✓	Visit your Avesis provider to get screened.
Dental Cleaning	25 pts (50 pt max)	✓	Get your cleaning through Delta Dental or TDA providers.	
Healthy Lifestyle	Quarterly Challenges: physical, nutritional, personal, professional, and financial challenges <i>sync your fitness activity tracking device to log exercise, complete walking programs, fitness class/activity, race participation, gym membership, organized sports team/tournament participation and more!</i>	Up to 50 pts per quarter	✓	Engage in health and well-being challenges. Each quarter NEW and FUN challenges will be available to track and earn points. Areas of focus include physical, nutritional, personal, professional and financial challenges.
Education	Health Coaching Modules	25 pts per module (200 point max)		Engage and complete in Digital Health Coaching/Independent Study Modules. Eligibility may apply.
	Wellness Sponsored 1-hour Seminars	25 pts each, 1 per quarter (100 pt max)	✓	Engage in workplace classes, or community programs.
	eMindful Webinars	10 points each (20 pt max)	✓	Register monthly for an eMindful session through totalwellbeing.az.gov .
Support	Tobacco Free Program	150 pts	✓	Available directly through UofA/Ashline**.
	Clinically Supervised Weight Loss Program	200 pts	✓	Discounts may be available through your Benefit Option Medical Insurance Provider**.
	Disease Management Program	150 pts	✓	Program topics are available through your Benefit Options Medical Insurance Provider**.
	Healthy Pregnancy Program	150 pts	✓	Available through Benefit Options Medical Insurance Carrier**.

*Incentives are subject to Federal and State Income, Social Security, and Medicare taxes.

If you have any questions, please consult your tax advisor.

**Must complete program to receive full point value.

Reasonable accommodations will be provided to individuals with disabilities.