

2016 Health Impact Program (HIP)

Learn How to Navigate the Mayo Clinic Healthy Living Portal and track your HIP points.

1. Engage -

Visit bewellstaywell.az.gov

Log in to Mayo Clinic Healthy Living or if this is your first time **create a new account!**

New Account

Create an Account by entering your personal information including your Employee Identification Number (EIN).

Add leading **zeros** to your EIN to fulfill the 9-digit requirement.

2. Take Action - Health Assessment

Take the first step by completing your Health Assessment. You will earn 150 points. If you want to complete it later you can go to "My Health Assessment" section in the middle of the page or visit "Tools" at the top of the navigation. **You may qualify for telephonic coaching based on the results of the questionnaire.**

3. Customize Your Settings

Connect your fitness devices and choose your Healthy Living guides.

Review and update your profile, set up your tools and subscribe to Mayo Clinic Healthy Living This Week.

The screenshot displays the Mayo Clinic Healthy Living portal interface. At the top, the Mayo Clinic logo is visible. The main content area is divided into several sections:

- Login:** A form with fields for "Personal User Name" and "Password", a "Log In" button, and a link for "Need help logging in?".
- Create Your Account:** A section with a "Create Your Account" button and a "Help" icon.
- Personal Info:** A form for creating an account, including fields for "Employee Identification Number" (circled in red), "Birthdate" (with dropdowns for Month, Day, and Year), and a "BotDetect CAPTCHA ASP.NET Form Validation" section. A "Continue" button is at the bottom.
- Welcome!** A section with a video player titled "Why take the health assessment?". Below the video is a "Begin the assessment" button (circled in red) and a link for "No, thanks - I'll come back later".
- Settings:** A section with a "Settings" title and two links: "Need to update your personal information? [Click here.](#)" and "Need to update your Mayo Clinic Healthy Living online profile? [Click here.](#)".
- CONNECTED DEVICES:** A section with a "Manage Devices" button.
- WELLNESS COACHING:** A section with a "Get Started" button and a message: "You qualify for Mayo Clinic Telephonic Coaching! Take advantage of this phone-based service at no cost to you, and let an experienced wellness coach help you reach your health and wellness goals."
- CHOOSE YOUR HEALTHY LIVING GUIDES:** A section at the bottom with a "Choose Your Healthy Living Guides" button.

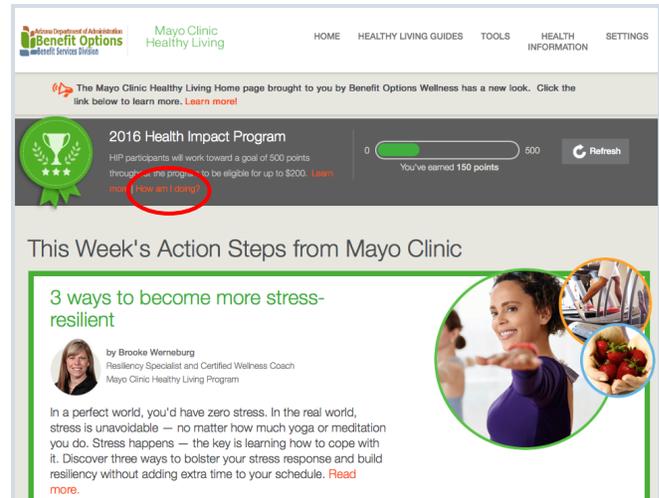
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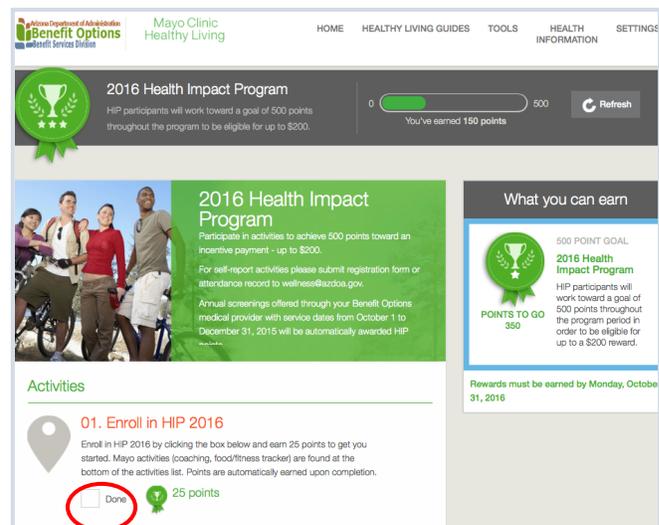
4. Track Your HIP Activity

Self-report your activities on the homepage, located on the gray homepage, located on the gray horizontal bar, click on the orange "How Am I Doing" link. All self-report activities, please submit registration form or attendance record to wellness@azdoa.gov. For Agency led programs (i.e. ComPsych classes or worksite walking programs) the liaison will submit attendance roster.



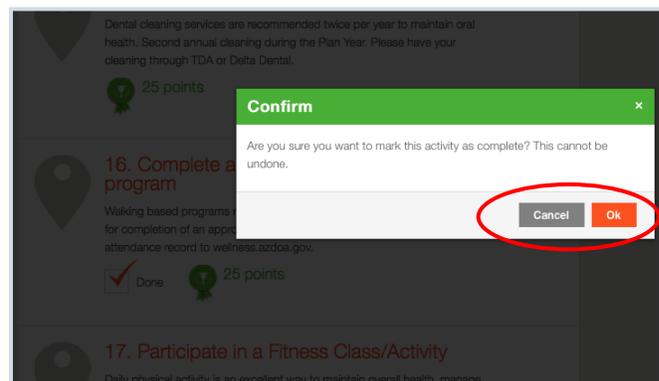
5. Completed HIP Activity

Scroll down the list and make sure to complete something in order to be eligible for the incentive. **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 month after the medical service date and the activity has been verified.



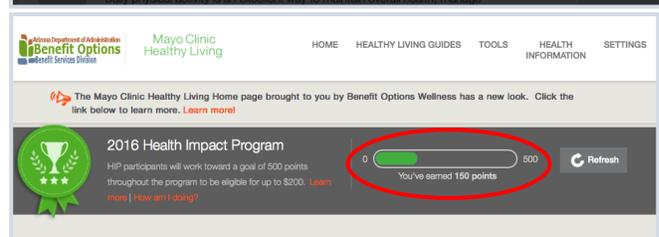
6. Confirm Activity as Complete

When completed this prompt will appear. Make sure that you **performed** the activity before clicking "OK", **it cannot be undone.**



7. Periodically Review Your HIP Progress

Monitor your points and stay focused on achieving your health goals.



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The screenshot shows the Mayo Clinic Healthy Living Portal interface. At the top, there is a navigation bar with links for HOME, HEALTHY LIVING GUIDES, TOOLS, HEALTH INFORMATION, and SETTINGS. Below the navigation bar, a banner for the 2016 Health Impact Program displays a progress bar showing 150 points earned out of a goal of 500. A 'Refresh' button is also present. The main content area features 'This Week's Action Steps from Mayo Clinic' with a featured article titled '3 ways to become more stress-resilient' by Brooke Werneburg. Below the article are three interactive cards: 'Make a list of your signs and symptoms of stress', 'Take time every day to focus on the present moment', and 'Resist the urge to judge and assess everything around you'. The bottom section includes 'My Health Assessment' with cards for Weight, Physical activity, Nutrition, Stress, and Sleep, each with a 'Needs work' or 'Review' status. To the right, there are 'My Announcements' and 'Health Impact Program (HIP) Resources'. At the bottom, there is a search bar for health information and a footer with contact information and copyright details.

Click on the orange link to track your points.

Get expert guidance and access recommended articles specific to your wellness plan.

View a snapshot of your health assessment results and link directly to the detailed report.

Set up your account settings and **sign up** to receive the latest wellness news.

Access the trackers from the home page and view a snap-shot of your progress.

Get the latest wellness announcements from ADOA Benefit Options Wellness.

Search for a particular health topic.