



HEALTH **IMPACT** PROGRAM

BENEFIT SERVICES DIVISION

Have you accepted these Quarterly HIP Challenges?

- **Sept. 12:** Doctor on Demand Challenge registration ends! Details: www.totalwellbeing.az.gov. Earn 25 points!
- **Sept. 24:** Quarter 3 Challenges end.
- **Sept. 25:** The Blood Pressure Challenge begins for Quarter 4.
- **Sept. 28:** Wellness Seminar-*Getting Ready to Buy a Home* registration ends. Register: <https://adoa.server.tracorp.com>
Earn 25 points!



Did you know??

- ◆ There is still time to register for HIP and earn up to \$200 for 2017! Visit: www.totalwellbeing.az.gov
- ◆ All HIP activities, except the health assessment, are **self-reported** and **YOU** must log your points.
- ◆ To participate a challenge, you must accept it under “Unaccepted Challenges” on your home page and log your activity.
- ◆ **Remember: Quarterly challenges must be completed and logged in the same quarter.**



eMindful Sessions Sept. 1

- **Stress Less, Live More:**
Building Emotional Literacy to Transform Stressful Situations into Powerful Opportunities for Change
- **Weight Balance for Life:**
Understanding Urges to Eat & Learning How to Work with Them

Register: adoa.emindful.com

ARIZONA
DEPARTMENT OF ADMINISTRATION
BENEFITS