

Health Impact Program (HIP)

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

1. Visit bewellstaywell.az.gov

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

2. 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.

3. Health Assessment

Visit the "Tools" page to complete your Health Assessment. You may qualify for telephonic coaching based on the results of the questionnaire.

4. Customize Your Settings

Choose your plan and set up your tools. Opt into Mayo Clinic Healthy Living emails or Wellness Coaching.*

*Based on completion of Health Assessment and risk status.

Save: Update your profile and click on **"Save Settings"**.

The screenshot displays the Mayo Clinic Healthy Living portal interface. At the top, there is a navigation bar with the Mayo Clinic logo and the text "Mayo Clinic Healthy Living". Below this, there is a "Log In" section with fields for "Personal User Name" and "Password", a "Log In" button, and a link for "Need help logging in?". A "New to online services?" section features the text "Sign up! It's simple." and a blue "Create Your Account" button, which is circled in yellow. Below the login section, there is a "LEGAL RESTRICTIONS AND TERMS OF USE APPLICABLE TO THIS SITE" notice.

The "Create Your Account" section follows, with a "Help" link. It includes a welcome message and a "Personal Info" section with fields for "Employee Identification Number" (with a note about leading zeros), "Birthdate" (with dropdown menus for Month, Day, and Year), and a CAPTCHA challenge. A "Continue" button is at the bottom of this section.

The main dashboard area shows the "Wellness" logo and navigation links for "HOME", "WELLNESS PLAN", "TOOLS" (circled in yellow), "HEALTH INFORMATION", and "SETTINGS". A progress bar indicates "2015" with a goal of "500" points and a current count of "0". Below this, there is a "My Wellness Vision" section and a "My Progress" section with a "Daily Budget" of 2000 calories. The "Settings" section includes options to update personal information and the online profile. There are also sections for "CONNECTED DEVICES", "CHOOSE YOUR PLANS", and "CHANGE YOUR EMAIL SETTINGS". At the bottom, there is a "Save Settings" button circled in yellow.

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5. Log Your HIP Activity

Self-report your activities on the homepage, located on the gray horizontal bar, click on the orange "How Am I Doing" link.

6. Completed HIP Activity

Scroll down the list and make sure to complete something in each of the three categories in order to be eligible for the incentive.

7. Confirm Activity as Complete

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

8. Track Your HIP Progress

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

The screenshots illustrate the user interface for tracking HIP points. The first screenshot shows the homepage with a 'How Am I Doing?' link highlighted by an orange arrow. The second screenshot shows a list of activities with '01. Activity/Exercise: Enroll in a Wellness Approved walking program or on-site physical activity class' selected. The third screenshot shows a 'Confirm' dialog box with 'OK' highlighted by a red circle and a red arrow. The fourth screenshot shows the progress bar at the top of the page, with the '0' and '500' values circled in yellow.

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Bewellstaywell.az.gov
Mayo Clinic Healthy Living Portal Overview

Click on the orange link to track your points.

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

The screenshot shows the user interface of the Mayo Clinic Healthy Living portal. At the top, there is a navigation bar with links for HOME, WELLNESS PLAN, TOOLS, HEALTH INFORMATION, and SETTINGS. Below this is a header section with the 'Wellness' logo and 'Mayo Clinic Healthy Living' text. A central banner displays '2015' and 'Earn 500 points to receive an incentive payment - up to \$200', with a progress bar showing 'You've earned 0 points' and a 'REFRESH' button. Below the banner is a 'My Wellness Vision' section with a text input area. The main content area is titled 'My Progress' and includes several trackers: 'Daily Budget' (2000 calories remaining, 0 consumed, 0 burned), 'Weight' (0 pounds lost, 140 goal), and 'Active Minutes' (0 active minutes, 30 goal). There is also a 'Take Action' section with a list of tasks like 'Build exercise into your commute' and 'Write down your feelings in a journal'. On the right side, there is an 'Announcements' section with a 'Healthy Living This Week' notice and a 'My Health Assessment' section with a 'Finish My Health Assessment' button. The bottom of the page features a 'Recommended For You' section with a link to 'How to get back on track'.

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.

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.

