



# Health Impact Program

Jan. 8 to Dec. 31, 2018

Enroll Today! | [totalwellbeing.az.gov](http://totalwellbeing.az.gov)



## WHAT IS HIP?

HIP is a comprehensive well-being program to help you achieve your physical, financial, personal and professional well-being goals all while having fun and reaching milestones along the way. Brought to you by the State of Arizona BenefitOptions.



## NEED AN INCENTIVE? HOW'S \$200?

Though we hope the biggest incentive is achieving your best health, in addition, we have a lot of great things in store for you—such as quarterly prize drawings. Best of all, if you earn 500 total points during the program period: **Jan. 8 to Dec. 31, 2018**, you may be eligible to receive up to \$200 in your paycheck.\* You must be an active, benefits-eligible employee throughout the program period and the payout period to receive the incentive payment.



## EARNING POINTS - GET TO 500!

Screenings, exams, and activity challenges are self-reported and provide easy ways to earn points! Plus, the system auto syncs with more than 35 wearable devices such as Fitbit and Runkeeper which means less tracking for you! For a full list of points, see the back of this flyer. All activities are subject to verification by the program administrator.



## GET STARTED!

- **Register** at [totalwellbeing.az.gov](http://totalwellbeing.az.gov)
- **Complete** the Health Assessment online.
- **Get** your annual physical at your doctor, and/or **schedule** a mini health screening under the Events Tab.
- **Participate** in the quarterly challenges focused on physical, personal, professional and financial well-being.
- **Complete** qualified wellness activities, programs, classes or coaching.



## ELIGIBILITY

All active, benefits-eligible employees should participate, whether or not they are enrolled in an ADOA medical plan. Spouses, dependents, and retirees are not eligible. To participate, you must enroll in or log into HIP at [totalwellbeing.az.gov](http://totalwellbeing.az.gov). You must be an active, benefits-eligible employee throughout the program period and the payout period to receive the incentive payment.\*

Reasonable accommodations will be provided to individuals with disabilities.



\*Exact incentive amount may be lower depending on participation. Incentives are subject to Federal and State taxes. Consult your tax advisor. When you successfully complete the requirements, the payout will be included in your paycheck during the first quarter of 2019. All activities are subject to verification by the program administrator.

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# 2018 HIP Points

## Jan. 8 to Dec. 31, 2018

Get to 500 points and earn an incentive up to \$200\*  
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POINTS	ACTIVITY	DETAILS
200	WELL-WOMAN/WELL-MAN VISIT	annual physical with medical insurance provider
200	WEIGHT LOSS PROGRAM <sup>1</sup>	clinically supervised; program requirements apply
150	HEALTH ASSESSMENT QUESTIONNAIRE	takes just 15 minutes on the HIP website
150	DISEASE MANAGEMENT PROGRAM <sup>1</sup>	available through medical insurance provider; program requirements apply
150	HEALTHY PREGNANCY PROGRAM <sup>1</sup>	available through medical insurance provider; program requirements apply
150	TOBACCO CESSATION PROGRAM <sup>1</sup>	through UA/Ashline, current tobacco users only
100	COLONOSCOPY	through medical insurance provider
100	MAMMOGRAPHY	through workplace MOM <sup>2</sup> screening or medical insurance provider
100	PROSTATE CANCER SCREEN EXAM	through workplace POP <sup>2</sup> screening or medical insurance provider
75	MINI-HEALTH SCREEN	participate in a free workplace screening once per year
50	HEMOGLOBIN A1C	through workplace mini-health screen or medical insurance provider
50	PROSTATE SPECIFIC ANTIGEN BLOOD TEST (PSA)	through workplace mini-health screen or medical insurance provider
50	QUARTERLY CHALLENGES <sup>3</sup>	reach physical, nutritional, personal, professional & financial goals via challenges on HIP website
50	SKIN CANCER SCREEN	through medical insurance provider
30	HEALTH COACHING MODULES	online courses, eligibility requirements apply
25	DENTAL CLEANING	through dental insurance provider, earn up to 50 points for two cleanings per year at 25 points each
25	FLU SHOT	through onsite clinic or medical insurance provider
25	OSTEOPOROSIS SCREEN	through workplace mini-health screen or medical insurance provider
25	VISION EXAM	through vision insurance provider
25	WELLNESS SEMINARS/WEBINARS	HIP-sponsored programs, up to five annually, earn up to 125 points
25	HIP PROGRAM ENROLLMENT	for NEW program participants only; visit <a href="http://totalwellbeing.az.gov">totalwellbeing.az.gov</a> to enroll

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<sup>1</sup> Must complete full program to receive point value. Contact your medical insurance provider or carrier for potential discounts. Eligibility requirements apply.

<sup>2</sup> Mobile Onsite Mammography or Prostate Onsite Project.

<sup>3</sup> Reaching 50 points requires completing multiple challenges.

**Reasonable accommodations will be provided to individuals with disabilities.**  
**All activities are subject to verification by program administrator.**  
**All information is administered by a third party, is not shared with your employer, remains private and is governed by federal HIPPA rules.**

