Health Impact Program (HIP)

JANUARY 4 TO OCTOBER 31, 2016
Start your journey toward a healthy lifestyle today!

What is HIP?
HIP is a points-based employee wellness incentive program designed to promote healthy lifestyle choices and preventive health activities by State of Arizona employees. Participants will accumulate a minimum of 500 points to earn an incentive, up to $200. HIP is a great way to improve your overall health and well-being.

Eligibility
All benefits-eligible faculty and staff are encouraged to participate. Spouses, dependents and retirees are not eligible for HIP at this time. HIP is voluntary and participation based. Individuals will need to opt-in to the program; employees will not be automatically enrolled.

Reasonable accommodations will be provided to individuals with disabilities.

Get Started
Register or log onto the Mayo Clinic Healthy Living portal (www.bewellstaywell.az.gov). You can also visit your Benefit Options medical provider’s website to learn about programs available to you. You can find this information online at My ASU (my.asu.edu) under My Employment – Benefits.

Earn Points
Engage in a variety of wellness activities including physical activity, preventive screenings, classes, lifestyle and health management support programs.

All activities must be completed and reported between January 4, 2016 and October 31, 2016 on the Mayo Clinic Healthy Living portal.

Wellness Activities and Programs
Educational programming, health screenings, interactive web tools and health-related services are provided to employees, for free or at low cost through Benefit Options Medical Plan. For your convenience, the preventive screenings are available at your worksite. Please check cfo.asu.edu/hr-wellness or the Well Devils News for current screenings and activities on your campus.

New in 2016!
The HIP program focus will incorporate a process of Engagement, Taking Action, and Tracking Progress, along the path toward better health, while earning HIP points.

1. Register or log onto the Mayo Clinic Healthy Living portal.
2. Get your annual physical or schedule an onsite screening appointment through cfo.asu.edu/hr-wellness to know your numbers. Then complete the Mayo Clinic Health Assessment.
3. Additional screenings—Hemoglobin A1C and Colonoscopy (for those who meet screening criteria) can earn points toward HIP.
4. Utilize the Mayo Healthy Living Online Trackers (Fitness Journal, Food Journal, & Weight Trackers).
5. Take action and participate in qualified wellness activities, classes or coaching.

Self-report vs 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 months after the medical service date and the activity has been verified.

Annual screenings offered through your Benefit Options medical provider with service dates from October 1 to December 31, 2015 will be automatically awarded HIP points.

For all self-report activities, please submit registration form or attendance record to wellness@azdoa.gov. Get your annual physical or schedule an onsite screening appointment through cfo.asu.edu/hr-wellness to know your numbers. Then complete the Mayo Clinic Health Assessment.

Incentive Payment
Participants must achieve 500 total points by October 31, 2016 to be eligible to receive up to $200; the amount may be lower depending on total participation. The payment will be processed in December 2016.

CONTACT US: ASU Employee Wellness contact Elizabeth.Badalamenti@asu.edu or 480-727-6517.