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 employees are encouraged to participate. Spouses, dependents, and retirees are not eligible for HIP at this time. HIP is voluntary and participation based. Eligible employees 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 Total Well-Being Strive portal. Also, visit your Benefit Options medical providers’ website to learn about programs available to you.

Earn Points
Engage in a variety of wellness activities including, preventive screenings, classes, lifestyle and health management support programs. New this year are Total Well-Being quarterly challenges for physical, personal, professional and financial well-being!

All activities must be completed and reported between January 1, 2017 and December 31, 2017 on the Total Well-Being Strive 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 the Event Schedule online. You can access all wellness related information on the Benefit Options Wellness page.

New in 2017!
We have partnered with Total Well-Being to bring a new and improved wellness platform to the HIP program!

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 Total Well-Being Strive portal.
2. Get your annual physical or schedule an onsite screening appointment through PickATime, to know your numbers.
3. Then, complete the Total Well-Being Health Assessment.
4. Total Well-Being Strive Challenges focused on physical, personal, professional and financial well-being!
5. Take action and participate in qualified wellness activities, classes or coaching.

New! Self-Report Screening, Exam, and Activity Challenges
Participation in an on-site screening or a screening/exam through your Benefits Options medical provider is now self-reported on the Total Well-Being Strive Platform. Points will be earned and reflected immediately upon self-report.

Screenings and exams must be completed between the service dates of January 1, 2017–December 31, 2017. Participants must complete all activities before self-reporting.

Please note these challenges are routinely audited and you may be asked to submit verification of completion of your exam, screening, and/or activity. Total Well-Being can remove points if necessary.

Incentive Payment
Participants must achieve 500 total points by December 31, 2017 to be eligible to receive up to $200; the amount may be lower depending on total participation. The payment will be processed in the first quarter of 2018 and put in the paycheck of those who successfully complete the program requirements.

* Incentives are subject to Federal and State Income, Social Security, and Medicare Taxes. If you have any questions, please consult your tax advisor.

CONTACT US: wellness@azdoa.gov or 602-771-9355