Health Impact Program (HIP)

January 4 - October 31, 2016

Are you HIP to a healthy lifestyle?

Join the 2016 Health Impact Program (HIP) and start your journey today! Employees must earn 500 points to receive an incentive payment - up to $200.

Follow these easy steps and begin your path to wellness:

1. Register or log onto the Mayo Clinic portal, bewellstaywell.az.gov and your medical providers website.

2. Get your annual physical or screenings to know your numbers. Then, complete the Mayo Clinic Health Assessment.

3. Practice healthy habits. Focus on achieving your health goals.

4. Take action and participate in qualified wellness classes or coaching.

5. Track your progress on the Mayo clinic portal, bewellstaywell.az.gov.

For more information, contact ASU Employee Wellness Elizabeth.Badalamenti@asu.edu or 480-727-6517