2022 HIP Program Overview

We’ll help you make small, everyday changes to your wellbeing that are focused on the areas you want to improve the most. When you stick to our program, you’ll build healthy habits, have fun with coworkers and experience the lifelong rewards of better health and wellbeing.

What’s in it for you:

• A personalized wellbeing experience to help you get and stay healthy!
• Access to tools and resources to help support and track your health and activity goals.
• The opportunity to earn up to $200 annual cash incentive.

Who’s eligible:

All employees, spouses and dependents are eligible to participate in the HIP program; employees are eligible to earn up to $200 in rewards.
How to get started

Step 1  Sign up for your Virgin Pulse account by going to join.virginpulse.com/hip. Already a member? Sign in at member.virginpulse.com.

To create a HIP account:
Use your 9-digit ASU Campus ID/Alternate ID number that begins with 99. It is listed on your pay stub directly under your name and employee ID.

Visit the Counseling and Wellness site (cfo.asu.edu/eao-wellness) for information about classes and offerings that qualify for HIP points.

Questions? Contact elizabeth.badalamenti@asu.edu.

Step 2  Accept the terms and conditions, and choose your email preferences to get the latest tips and information.

Step 3  Connect a fitness tracker to get credit for your steps, active minutes and sleep. We sync with many devices and apps. (Max Buzz, Apple Watch, Fitbit, etc.)

Step 4  Upload a profile picture and add some friends.

Step 5  Set your interests to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!

Step 6  Download the Virgin Pulse mobile app for iOS or Android. Access your account and track your activity anywhere, anytime.
Rewards

It’s easy to earn rewards by making healthy decisions. The more you make, the more you’ll earn. Here’s how to progress through the levels each quarter.

What you can earn each year:

<table>
<thead>
<tr>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
<th>Total rewards/year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Points</td>
<td>7,000</td>
<td>25,000</td>
<td>35,000</td>
<td>50,000</td>
</tr>
<tr>
<td>Rewards</td>
<td>$0</td>
<td>$25</td>
<td>$75</td>
<td>$100</td>
</tr>
</tbody>
</table>

Annual incentive total: $200

Ways to earn points:

<table>
<thead>
<tr>
<th></th>
<th>Do healthy things</th>
<th>Earn points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Getting started</td>
<td>Complete registration</td>
<td>1,000</td>
</tr>
<tr>
<td></td>
<td>First login to mobile app</td>
<td>250</td>
</tr>
<tr>
<td></td>
<td>Connect first activity device</td>
<td>200</td>
</tr>
<tr>
<td></td>
<td>Complete the Health Check survey</td>
<td>1,000</td>
</tr>
<tr>
<td>Daily</td>
<td>Upload steps from your activity tracker (per 1,000 steps)</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>Do your Daily Cards (2 per day)</td>
<td>40</td>
</tr>
<tr>
<td></td>
<td>Track your Healthy Habits (3 per day)</td>
<td>30</td>
</tr>
<tr>
<td>Monthly</td>
<td>Participate in the promoted Healthy Habit Challenge</td>
<td>200</td>
</tr>
<tr>
<td></td>
<td>20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes</td>
<td>400</td>
</tr>
<tr>
<td></td>
<td>Track Healthy Habits 20 days in a month</td>
<td>300</td>
</tr>
<tr>
<td>Quarterly</td>
<td>Choose your eating type</td>
<td>250</td>
</tr>
<tr>
<td></td>
<td>Choose your sleep profile</td>
<td>250</td>
</tr>
<tr>
<td></td>
<td>Blood Donation</td>
<td>500</td>
</tr>
<tr>
<td>Yearly</td>
<td>Set a wellbeing goal</td>
<td>200</td>
</tr>
<tr>
<td></td>
<td>Complete the Nicotine-Free Agreement</td>
<td>100</td>
</tr>
<tr>
<td>One time</td>
<td>Get your COVID-19 Vaccine</td>
<td>2,500</td>
</tr>
</tbody>
</table>

Look for How to Earn in your account for a complete list of all the ways you can earn points.

= Bonus points! Get to Level 4 faster by completing bonus activities like these.
Engage in activities that fit your interests

Get the encouragement and support to become or stay active, eat well, sleep better and manage life’s ups and downs—every day!

**Challenges**
Rally your coworkers for the latest company step challenge! Or gather a small group of coworkers or friends, and challenge one another to start a new healthy habit.

**Daily Cards**
Every day we’ll send you two new tips to help you live well. Plus, we’ll make sure they’re about the areas that interest you the most.

**Journeys**
Want to exercise more? Better manage a health issue? Now you can use our digital coaching tool to make simple changes to your health, one small step at a time.

**My Care Checklist**
My Care Checklist is a handy, personal healthcare tracker that is right at your fingertips. It assists you in managing your health by keeping track of health checkups, all in one place.

**Nutrition Guide**
Choose what you’d like to work on, like cutting out sweets or portion control. Then get tips and recipes to help you achieve your goals.

**Pillars and Topics**
We’ve made it simpler than ever to get to the information you want. Explore the Pillars and Topics section to find what you need—fast.

**Recipes**
Get ideas for healthy meals, build a shopping list, and make a weekly meal plan. Healthy eating is easier when you have the help of an app!

**Sleep Guide**
What’s your sleep like? Decide what you need to work on, like getting to bed earlier or quieting down. Then get information to help you rest.

**Social Groups**
Getting healthier and learning something new is easier with friends. Join a group to stay motivated, chat with others and achieve goals together.

**Whil Mindfulness**
Breathe. Your personal stress-reliever is here. Watch meditation videos and learn how to practice mindfulness.

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**Terms and Conditions**
For full program terms and conditions, visit wellness.az.gov/hip.

**Have questions? We’re here to help.**
Check out support.virginpulse.com
Send us an email: support@virginpulse.com
Live chat on member.virginpulse.com | Monday–Friday, 2 am–9 pm ET
Give us a call: 888-671-9395 | Monday–Friday, 8 am–9 pm ET

Not sure if you can fully participate in this program because of a disability or medical condition? Check out our support page for answers at support.virginpulse.com.