



BE THE BEST YOU

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:

Enter 77 followed by your 7-digit NAU ID number with no leading zeros. The NAU ID number is listed on your Jacks card or LOUIE/Peoplesoft account.

Visit the NAU Human Resources site (in.nau.edu/human-resources/benefits-offered/) for information about classes and offerings that qualify for HIP points.

Questions? Contact NAUHRBenefits@nau.edu.

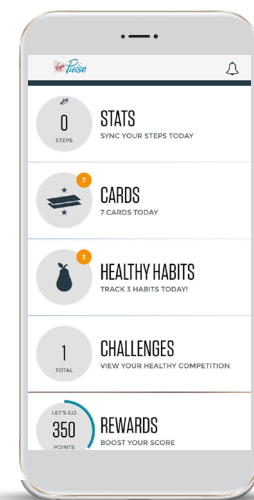
Step 2 **Accept the terms and conditions**, and choose your email preferences to get the latest tips and information.

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:

	Level 1	>	Level 2	>	Level 3	>	Level 4	
Points	7,000		25,000		35,000		50,000	Total rewards/ year
Rewards	\$0		\$25		\$75		\$100	
Annual incentive total: =								\$200



Ways to earn points:

	Do healthy things	Earn points
Getting started	Complete registration	1,000
	First login to mobile app	250
	Connect first activity device	200
	Complete the Health Check survey	1,000
Daily	Upload steps from your activity tracker (per 1,000 steps)	10
	Do your Daily Cards (2 per day)	40
	Track your Healthy Habits (3 per day)	30
Monthly	★ Participate in the promoted Healthy Habit Challenge	200
	★ 20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	400
	Track Healthy Habits 20 days in a month	300
Quarterly	Choose your eating type	250
	Choose your sleep profile	250
	Blood Donation	500
Yearly	Set a wellbeing goal	200
	Complete the Nicotine-Free Agreement	100
	★ Annual Physical Bonus	5,000
One time	Get your COVID-19 Vaccine	2,500

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.

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.