



**Earn up to
\$300
per year!**

2023 HIP Program Overview

Build a better you

We'll help you make small, everyday changes for your wellbeing and focus 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 a \$300 annual cash incentive.

Who's eligible:

Starting in 2023 all employees, spouses and dependents are eligible to participate in the HIP program; only employees are eligible to earn up to \$300 in rewards.



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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. Visit the Employee Assistance and Wellness website at nau.edu/eaw/calendar for current information on wellness programs 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 device or app to get credit for your wellbeing activities like steps, nutrition and sleep. We sync with many trackers, such as Max Buzz, Apple Watch, Fitbit and MyFitnessPal, just to name a few.

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. Turn on your notifications to stay motivated and get friendly reminders.

Get the app:



Rewards

No matter how far your health journey takes you, you can still earn a reward. Earn \$25 at 7,000 points, an additional \$50 at 25,000 points, an additional \$100 at 35,000 points and \$125 more at 50,000 points. Hit every level and you'll earn \$300 for the year. Reach 50,000 points early? Keep going—there may be a little something extra to uncover.

What you can earn each year:

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	Total rewards per year
Points	7,000	25,000	35,000	50,000	
Rewards	\$25	\$50	\$100	\$125	\$300

Ways to earn:

Look for **How to Earn** in your account for a complete list of all the ways you can 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
	Track Healthy Habits 20 days in a month	300
	20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	400
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
	Get your COVID-19 Vaccine Booster (1 booster per year)	500
	Participate in your carrier's disease management program if eligible	1,000
One time	Get your COVID-19 Vaccine	2,500

Engage in activities that fit your interests

Learn easy ways to get more active, eat well, 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 healthcare tracker that assists you in managing your health by keeping track of well visits, screenings and vaccinations—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

Get straight to the information that matters to you the most. Pillars make it easy to find content that is important to you and provide quick access to many helpful tools and resources.

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!

RethinkCare

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

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.

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
Live chat: Monday–Friday, 2 am–9 pm ET
- Give us a call: 888-671-9395
Monday–Friday, 8 am–9 pm ET
- Send us an email: support@virginpulse.com

Not sure if you can fully participate in this program because of a disability or medical condition? Visit support.virginpulse.com and search Medical Exceptions.