



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

## 2024 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:

As of 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.



# How to get started

## Step 1

**Sign up for your Virgin Pulse account** by going to [join.virginpulse.com/hip](https://join.virginpulse.com/hip).

Already a member? Sign in at [member.virginpulse.com](https://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 NAU Human Resources at [nau.edu/hr](https://nau.edu/hr) for general information about NAU benefits. Visit Employee Assistance and Wellness at [nau.edu/eaw/calendar](https://nau.edu/eaw/calendar) for information on wellness programs that qualify for HIP points.

Questions? Contact [ask-eaw@nau.edu](mailto:ask-eaw@nau.edu).

For assistance with technical issues, passwords or creating a HIP account, please contact [support@virginpulse.com](mailto:support@virginpulse.com) or call 888-671-9395.

## 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	<b>\$300</b>

## 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	<b>1,000</b>
	First login to mobile app	<b>250</b>
	Connect first activity device	<b>200</b>
	Complete the Health Check survey	<b>1,000</b>
Daily	Upload steps from your activity tracker (per 1,000 steps)	<b>10</b>
	Do your Daily Cards (2 per day)	<b>40</b>
	Track your Healthy Habits (3 per day)	<b>30</b>
Monthly	Participate in the promoted Healthy Habit Challenge	<b>200</b>
	Track Healthy Habits 20 days in a month	<b>300</b>
	20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	<b>400</b>
Quarterly	Choose your eating type	<b>250</b>
	Choose your sleep profile	<b>250</b>
	Blood donation	<b>500</b>
Yearly	Set a wellbeing goal	<b>200</b>
	Complete the Nicotine-Free Agreement	<b>100</b>
	Complete 4 preventive care activities	<b>2,000</b>
	Annual Physical Bonus	<b>5,000</b>
	Get your annual COVID-19 vaccine	<b>750</b>
	Participate in your carrier's disease management program, if eligible	<b>1,000</b>

# 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](https://wellness.az.gov/hip).

## Have questions? We're here to help.

- Check out [support.virginpulse.com](https://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](mailto:support@virginpulse.com)

Not sure if you can fully participate in this program because of a disability or medical condition? Visit [support.virginpulse.com](https://support.virginpulse.com) and search Medical Exceptions.