



2026 HIP PROGRAM OVERVIEW

Put Yourself First

Your best self starts here.

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.



**Earn up to \$50
per quarter for
\$200 a year!**

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 \$200 annual cash incentive.

Who's eligible:

All benefits-eligible 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 Personify Health account by going to join.personifyhealth.com/hip. Already a member? Sign in at app.personifyhealth.com.

To create a HIP account, enter your alternate employee ID number. This number is NOT the same as the employee ID number that appears on your pay stub, although they may appear similar. To find your alternate employee ID number, follow these steps:

1. Sign in to **UAccess**.
2. On the UA Employee main home page, select the **University Benefits** tile.
3. At the top of the page, you'll see your **alternate employee ID number**.

Note: Some numbers have a leading zero. If yours does, please register using the alternate ID without the leading zero.

Visit the **Life & Work Connections** site (lifework.arizona.edu) for information about classes and offerings that qualify for HIP points.

Questions? Contact lifework@arizona.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 GO, 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 Personify Health 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

Earn rewards every step of your health journey—up to \$50 per quarter and \$200 a year! Hit 12,500 points by quarter's end for a 1,000-point bonus the following quarter (Q2–Q4 only). Plus, every extra 5,000 points earns an entry into our quarterly wellness gear drawing.*

What you can earn each quarter:

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	QUARTER TOTAL
Points	5,000	7,000	10,000	12,500	12,500
Rewards Cash	\$5	+ \$10	+ \$15	+ \$20 + 1,000 points applied next quarter	\$50

Rewards Cash annual max: \$50 x 4 quarters = **\$200**

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	1,500 (+500 from 2025!)
	First login to mobile app	250
	Connect first activity device	200
	Complete the Health Check	1,500 (+500 from 2025!)
Daily	Upload steps from your activity tracker (per 1,000 steps)	10
	Do your Daily Cards (2 per day)	20
	Track your Healthy Habits (3 per day)	30
	Sleep > 7 hrs in a night via synched device or app	50
Weekly	Complete a video or audio experience from your Media Library	25
	Create a personal challenge	50
	Favorite a recipe by Foodsmart	25
	Add a recipe to grocery list	10
Monthly	Win 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
	20-Day Triple Tracker: Sleep > 7 hours in a night via synced device	200
Quarterly	New in 2026! Participate in a healthy cooking class	200
	Choose your eating type	250
	Choose your sleep profile	250
	Blood donation	500
Yearly	New in 2026! Annual leave taken	200
	New in 2026! Social connection activity or event	200
	Set a wellbeing goal	200
	Complete the Nicotine-Free Agreement	100
	Complete 4 preventive care activities	2,500 (+500 from 2025!)
	Annual Physical Bonus	5,500 (+500 from 2025!)
	Get your annual COVID-19 vaccine	750
	Participate in your carrier's disease management program, if eligible	3,000 (+1,000 from 2025!)
	Complete Healthwaves Mini Health Screening	1,500 (+500 from 2025!)

New for 2026!

If you reach Level 4, you'll earn **1,000 bonus points** to kick-start next quarter's rewards (Q2–Q4 only).

Secret Level 5

Reach Level 4 early? Amazing! Keep going—every extra step gives you a shot at our quarterly prize drawings!

*Your points do not roll over from quarter to quarter; 1,000 bonus points are applied in Q2, Q3, and Q4 only if earned. The total accrued in 2026 will be paid out in January 2027. **Quarter 1:** Jan. 1–Mar. 30, 2026; **Quarter 2:** Apr. 1–Jun. 30, 2026; **Quarter 3:** Jul. 1–Sept. 30, 2026; **Quarter 4:** Oct. 1–Dec. 31, 2026.

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.

Discover

Get straight to the information that matters to you the most, right from the homepage. Use

Smart Recommendations to get a curated list of personalized topics and activities, or explore the **Catalog** to find content and resources that are important to you.

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!

Media Library

The Media Library offers interactive videos led by our team of trainers and coaches on a variety of topics. There's something for everyone.

Sleep Guide

What's your sleep like? Decide what you need to work on, like getting to bed earlier or winding down. Then get tips and techniques to help you get a good night of refreshing sleep.

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.personifyhealth.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@personifyhealth.com

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

Alisa Aguilar

University of Arizona



Secret to success:

You don't fail until you fail to try again

"HIP is helping me take time each day to focus on my health and make small intentional changes that become habits I don't even have to think about anymore."

Stephen Babcock

Department of
Economic Security



Secret to success:

Doing this together as a couple

"Five years ago, a co-worker told me about the HIP program. My wife and I already ate well, but our exercise routine needed help. I signed up for HIP and Real Appeal, and we began doing the workout videos three mornings a week. We worked through every level and have been at level 5 for three years. We've now added Sunday stretching and ab workouts. This routine has become a part of our lives."

Brittany Chalupa

Department of
Child Safety



Secret to success:

Consistency and support system

"Thanks to HIP and a few other factors, I've lost 30 pounds, lowered my A1C, and finally completed Ragnar, a 200-mile team relay I've been aiming for since 2014. This journey has been more than numbers. I've proven to myself that I'm capable of big things. I'm healthier, stronger, and more determined than ever."

Kimbra Parry

Department of
Economic Security



Secret to success:

Staying positive

"I suffer from rheumatoid arthritis and had a heart attack. Using the program, I was able to drop 25 pounds and manage both my RA and reduce my chances of another heart attack. It keeps me active and gives me valuable tools."