



## Be Well in 2018!

- **2018 HIP is live!** Complete and log wellness activities by 12/31/18 to receive credit for 2018 program. **Check out our NEW [point sheet](#)!**
- **Complete the Health Assessment by March 31st!** Get a confidential, personalized report of your current health by taking the online health assessment. **Complete by 3/31/18 and be entered to win a Fitbit Charge 2 or Fitbit Flex!** Be sure to have your current weight/cholesterol/blood pressure numbers in front of you for the most accurate report. [www.totalwellbeing.az.gov](http://www.totalwellbeing.az.gov)
- **Quarter 1 Challenges end April 1st!** Accept **NEW** challenges and start logging HIP points. [www.totalwellbeing.az.gov](http://www.totalwellbeing.az.gov)



### Did You Know??

- ◆ [Walk on Wednesday](#) continues through March 21st! Enjoy the weather and be active!
- ◆ **Worksite screening schedule is online!** Attend the one at your agency or any worksite screening that is convenient for you! [screening schedule](#)
- ◆ **Participate in Wellness Seminars!** Employees can receive points for 5 wellness seminars/webinars in 2018.
- ◆ **Remember:** All activities (except the health assessment & digital health coaching) are self-report. You must accept the challenge and log your completed activities. [HIP overview](#)  
*Questions?? [wellness@azdoa.gov](mailto:wellness@azdoa.gov)*



### March eMindful Sessions

**Stress Less, Live More:**  
*Less Stress with a Mindfulness Attitude*

March 22, 12:00 pm  
March 27, 11:00 am

**Weight Balance for Life:**  
*Get Out of the Stress Eating Cycle*

March 22, 11:00 am  
March 28, 12:00 pm

**Register: [adoa.emindful.com](http://adoa.emindful.com)**