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)

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**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](http://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](http://hip.overview)

**Questions??** wellness@azdoa.gov

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**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