

HEALTHY LIFESTYLE ACTIVITY POINTS (HLPD#4) FAQs

Q: What are Healthy Lifestyle Activity Points (HLAPs)?

A: There are several programs and activities offered throughout the year that you can participate in to earn you healthy lifestyle activity points. Programs focus on stress and weight management, nutrition and physical activity to name a few.

Visit the [Healthy Lifestyle Activity webpage](#) to view a list of available programs and activities.

Q: How to I qualify for the Healthy Lifestyle Premium Discount?

A: In order to qualify for the HLAP discount, you must earn at least **100** points by **March 1, 2015 and February 28, 2016**.

Q: Who has access to my results?

A: All of the HLAP programs and activities require a form submission upon completion. All personal information regarding your health is not included in the form. Employee Wellness tracks participation only. This will enable us to provide enhanced health & wellness services to better meet employees' needs.

Q: How does Pima County know I've completed an eligible program or activity?

A: All eligible programs and activities include a form submission upon completion. You may submit the form by any of the following ways:

Email: Either click the "Submit by Email" button located on the form, or attach in an email to wellness@pima.gov

Fax: You may fax your form to (520) 724-8150.

Mail: You may mail your form to 150 W. Congress, 4th Floor, Tucson AZ 85701; to the attention of Employee Wellness.

Q: How can I view my progress?

A: Read detailed instructions for [Viewing your Progress Toward 2016-17 HLPDs](#).

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Q: I just finished completed a HLAP program, but it does not display in the ESS portal. What do I do?

A: All eligibility records are updated around the 10th of each month for the previous month. If you have participated in the Fall Fitness Challenge, your logs would be due in December and your records would be updated around January 10th.

If your records are inaccurate after this time, please email Employee Wellness at wellness@pima.gov.

Q: What happens if I completed a program or activity in February, but did not submit the form until after the February 28th deadline? Do I lose out on the points?

A: No, you have until the 7th of March to submit February activities. The reporting period for FY 2016-17 HLPD eligibility is **March 1, 2015 – February 28, 2016**.

If your records remain inaccurate, please email Employee Wellness at wellness@pima.gov.

Q: Do I need to do anything to claim each of the HLPDs?

A: The health assessment, preventive exam and healthy lifestyle activity points discounts will be solely based on completing the eligibility requirements within the reporting period. The reporting period for FY 2016-17 discount eligibility is **March 1, 2015 – February 28, 2016**. This means it is critical that you review your records for accuracy as appeals will not be requested except in rare and unavoidable circumstances. The tobacco-free discount will continue to be self-reported and will be the only certification necessary during Annual Enrollment in the spring.

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Q: I'm a new-hire. Do I have to wait until Annual Enrollment to be eligible for the HLAPs?

A: All new-hires may submit documentation of their previous exercise tracking records to Employee Wellness within the reporting year they are requesting the discount.

For example, if a new-hire starts in October, 2015 and wants to qualify to the remaining fiscal year's HLAP discount, they must submit their exercise logs from March 1, 2014 – February 28, 2015 in order to earn at least **100 points**.

All new-hires can follow the same eligibility requirements listed above to earn the HLAP discount for FY 2016-17.