What are the Health Improvement Programs (HIP)?

**City Health Coach Activity (3 HIP Points) (Max 9 HIP Points)**
Health Coach Activities include classes that the City Health Coaches may provide at different times throughout the program year. The Health Coaches will conduct events at different departments and help facilitate various activities depending on the needs of that department. If you attend a class conducted by a Health Coach, you may enter points for that activity. Some examples of a Health Coach Activity are: Cooking Healthy, Walk-A-Mile, Biggest Loser, and Donate Your Fat.

**City Health Coach Visit with UCCS Wellness Nurse (5 HIP Points) (Max 15 HIP Points)**
If you would like assistance getting your risk factors under control, you have the option to meet with a City Health Coach and develop a plan that can assist you in reaching your goals. The Health Coach will determine the points you receive for these meetings based on the nature and duration of the customized program.

**Departmental Level Activities (3 HIP Point) (Max 9 HIP Points)**
Departmental Level Activities are organized and promoted at each department. The department director or a designee identifies and approves the health activity. If you are interested in participating in a departmental level activity, please complete the “Departmental Level Activity Form” located on the RYP website or on the RYP page located on the City’s Intranet and submit the form to the UCCS Wellness Nurses office for approval before the activity is scheduled to begin.

**Fitness/Physical Activity Tracking (6 HIP Points) (Max 12 HIP Points)**
Frequent physical activity is important for your health. To encourage participation in a combination of moderate-intensity, vigorous-intensity, and/or muscle-strengthening activities, participants will earn 6 HIP Points for every 3000 minutes of physical activity during the 12 month program year, max of 12 Points. 3000 minutes is equivalent to exercising for 30 minutes 3x/week for 8 months. Participants will have to record their daily minutes on the Fitness Tracking form available on the Reach Your Peak-Wellness section of the Springsgov.com website. The activity must be at least 10 continuous minutes to count.

Moderate-intensity physical activity means working hard enough to raise your heart rate and break a sweat, yet still being able to carry on a conversation. Routine activities of daily living are not included.

Aerobic, endurance and muscle-strengthening exercises that promote “heart health” and physical independence include walking, cycling, jogging, cardio exercise machines, group exercise classes, hiking, swimming and water exercises, basketball, racquet sports, volleyball, soccer, progressive weight training and resistance exercises that use the major muscle groups.

**Healthyroads E-Coaching Courses (1 HIP Points) (Max 4 HIP Points)**
The self-guided courses can help you learn more about a variety of health and fitness topics—at your own pace. The goal is to give you the information you need to help you reach your goals. Each course is based on up-to-date clinical information, and made up of interactive classes and tools you can view from your home or office. Class handouts, quizzes, and optional articles are also provided to help you get more from your learning experience.

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• **Course Levels**
  Courses are designed to guide you—step by step. Each course within a given topic will give you different information that can increase your knowledge and awareness of the topic or promote action to improve your health. The courses are set up in a sequence that may be most helpful, however you can take the courses and classes within each course in ANY order you choose based on your interest.

• **Required Tools**
  Most of the courses you take will include one or more required tools. In some cases you may be asked to take a quiz. Using these interactive tools will help you track your progress and learn more about how to reach your goal.

• **Course Certificates**
  Each time you complete all the tasks and use the required tools for a course, you will earn a course certificate. This is to remind you of your success and encourage you to keep working on healthy goals.

**Wellness Representative (5 HIP Points) (Max 5 HIP Points)**
Wellness Representative will serve as the Wellness Champion in their department. A City Health Coach will meet with each Champion to see what type of activities will address the needs of the department and encourage participation. The Coach will assist the Champion set up a Department Level Activity which will be eligible for RYP points. The Wellness Representative will be required to attend all committee meetings and help organize an activity for their department in order to earn 5 HIP points.

**Preventive Screening (1 HIP Point) (Max 3 HIP Points)**
In addition to your City sponsored Health Screening (Step 1), you can earn points for preventive screenings included, but not limited to, dental exams, vision exams, prostate exams, mammograms, PAP smears, and colonoscopies.

If you have questions about what may be considered a preventive screening contact the UCCS Health Coaches via email cityhealthcoach@springsgov.com or call 385-5190.