

## Employee Information:

First Name	Last Name	Middle Initial	Date of Birth
Email address	Phone Number	Department	
Address	City	State	Zip

### EMPLOYEE WELLNESS PROGRAM RELEASE, PRIVACY AUTHORIZATION AND CONFIDENTIALITY NOTICE

**Done-In-A-Day** is an incentive program sponsored by the City’s Fit2Live program. City employees will have the opportunity to earn points by participating in events such as employee wellness challenges and health screenings. The health screenings will include prostate cancer screenings, breast cancer screenings, pap smears, dental cleanings, eye check-ups, and yearly health screenings including a biometric screening. Points can also be earned by participating in the Arkansas Heart Walk, Arkansas Walk MS, NAMI walk, and More Pink Walk. By completing any of the above mentioned tasks you will have a chance to earn points for different incentives such as full or half days off work, Fitbits, workout equipment, Instapots, crockpots, and gift cards. Points earned will be good for **one** year.

I understand that rewards for participating in a wellness program are available to all **full-time** employees on the **City’s health insurance plan**. If I am unable to meet the goal range for the **Biometric Screening** incentive through the first screening, I understand that I may qualify for a reasonable alternative and earn the same reward by retesting at a later date and showing improved numbers. Contact: LaKaisha Shelby, Director, at LShelby@nlr.ar.gov or (501) 442-7406. The City of North Little Rock encourages employees to pursue life-long fitness. We offer **50% discount** off City owned facilities (NLRCC Fitness Center, Hays Center) for gym memberships. We offer a **\$20 a month** gym reimbursement incentive with proof of **8 visits a month to any gym**. City of North Little Rock has a discount program with 10 FITNESS.

I want to (Check all that Apply):

Join us for the City's Annual Employee Wellness Fair (will be able to earn a **\$50** gift card).

Get my flu shot every year. **FREE** with insurance, and available on-site in October

Send in **ALL** my screening results to **LaKaisha Shelby** for my chance to earn Done-In-A-Day points.

Share my wellness ideas and health questions with **LaKaisha Shelby**, Employee Wellness Director.

Participate in Gym Reimbursement with **8** visits a month to any gym (earn **\$20** incentive each month).

Subscribe to the Fit 2 Live eNewsletter.

Receive a confidential phone call from the Fit 2 Live Director.

The Employee Information Portal [www.nlr.ar.gov/employees](http://www.nlr.ar.gov/employees) leads to information about your benefits and wellness perks. Health

Insurance: <https://mhbp.arml.org/>

Flexible Spending Account: [www.takecarewageworks.com](http://www.takecarewageworks.com)

Employee Assistance Program: [www.southwesteap.com](http://www.southwesteap.com)