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Done-In-A-Day

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, which includes 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, Fitbit, workout equipment, Instapot, crockpot, and gift cards. We are currently working on the points system for each DIAD.

Ways to earn points (This is only an example):

Annual Flu Vaccine/Shingles Vaccine/ Pneumonia Vaccine/COVID vaccines/boosters: 600 points	Participating actively in employee Monthly challenges: 250 points
Biometric Screening: 1000 points	Prostate Cancer Screening: 600 points
Breast Cancer Screening: 600 points	Ovarian Cancer Screening: 600 points
Dental Cleaning: 500 points	Skin cancer screenings: 600 points
Eye Exam: 500 points	Smoking cessation program/services: 600 points
Enrolling in Weight Watchers and attending weigh-ins each week: 700 points	Arkansas Heart Walk/MS Walk/ NAMI Walk/Lupus Walk/More Pink : 250 points each
Lung Cancer: 600 points	Colon Screening: 600 points
Pap Smear: 600 points	Hearing Test: 600 points

Incentive Rewards (Points earned will be good for one year):

500 points earn a swag bag\ T-Shirt\Water Bottle\FITKIT\BAND\LUNCH TOTE	4000 points can earn one full day off work
1500 points can earn extra 30 minutes to lunch	5000 points can earn \$50 Prepaid Credit Card
2000 points can earn 1/2 day off work	6000 points can earn your name in drawing for a crockpot or Instapot
3000 points can earn you a Fitbit	