

CITY OF NORTH LITTLE ROCK 



EMPLOYEE WELLNESS

MAKING OUR WORKPLACE HEALTHIER



INTRODUCTION

CONNECTING ALL OF US TO ONE
GOAL OF BECOME HEALTHIER



LAKAISHA SHELBY

FIT2LIVE DIRECTOR

CONTACT INFORMATION: 501-442-7406

EMAIL: LSHELBY@NLR.AR.GOV



CONTENT INDEX



- VALUE
- ABOUT FIT2LIVE
- INCENTIVE
- CHALLENGES
- GYM REIMBURSEMENTS



- CHALLENGES
- TESTIMONIALS
- CONTACT
- EAP
- NEWSLETTER UPDATES

VALUES



Vision

WE ARE TAKING THE BEST CARE OF THE COMPANY'S GREATEST ASSET "THE EMPLOYEE", WHILE SUPPORTING EACH OTHER AND IMPROVING THE WORKPLACE.



Mission

TO EXCEED THE EXPECTATIONS OF OUR EMPLOYEES AND PROVIDE THEM WITH THE BEST RESOURCES AND THE MOST RELIABLE SUPPORT THROUGH THEIR HEALTH JOURNEY



ABOUT US

“FIT 2 LIVE” INITIATIVE FOR HEALTHY EATING AND ACTIVE LIVING, AND CONTINUES TO BE DEDICATED TO CREATING AN ENVIRONMENT THAT EMPOWERS ITS EMPLOYEES AND COMMUNITY TO RECOGNIZE AND ADOPT HEALTHY LIFE CHOICES.



INCENTIVE

- GYM REIMBURSEMENT **\$20** A MONTH MUST VISIT GYM **8** TIMES A MONTH, REIMBURSEMENTS AT PAID EVERY **6** MONTHS VIA CHECK.
- EMPLOYEES ARE ABLE TO EARN **1/2** DAY TIME OFF PASS FOR PARTICIPATION IN CHALLENGES.
- EMPLOYEES ARE ABLE TO RECEIVE A FREE T-SHIRT FOR PARTICIPATION IN WALKING EVENTS.



DONE-IN-A-DAY

NEW INCENTIVE

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 INCLUDE PROSTATE CANCER SCREENINGS, BREAST CANCER SCREENINGS, PAP SMEARS, DENTAL CLEANINGS, EYE CHECK-UPS, AND YEARLY HEALTH SCREENINGS - INCLUDING 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?

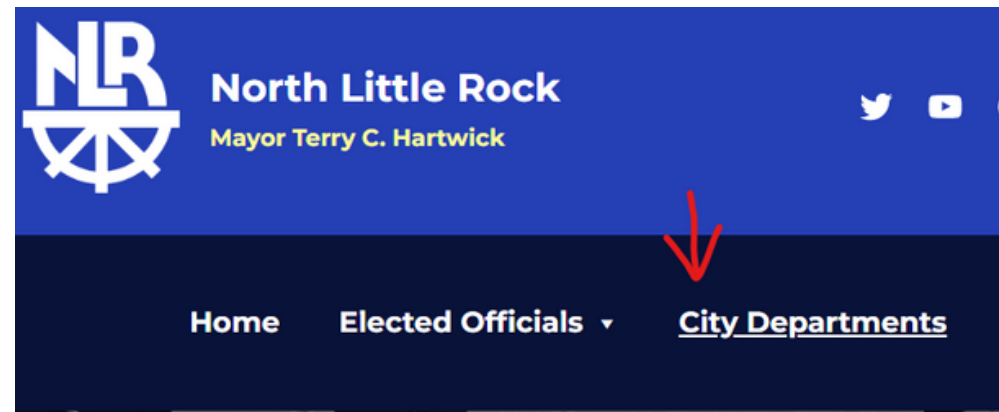
Annual Flu Vaccine/Shingles Vaccine/ Pneumonia Vaccine/COVID vaccines/boosters: 600 points	Participating actively in employee Monthly challenges: 250 points
Biometric Screening: 1000 points	Prostate Cancer Screening: 600 points
Breast Cancer Screening: 600 points	Ovarian Cancer Screening: 600 points
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	
Pap Smear: 600 points	

Incentive Rewards

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	

How to get to FIT2LIVE Forms

1



*Click on City Departments from the home screen.

2

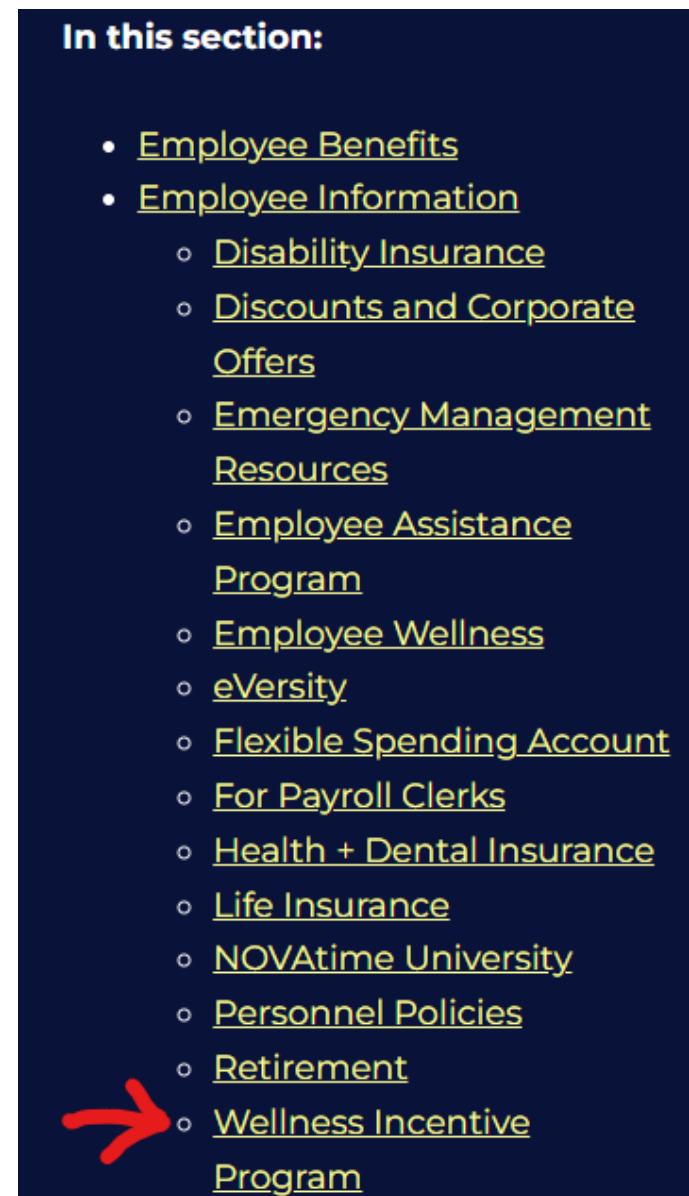
Common Departments



To see a full list of contacts for every city department, [click here](#).

*Select the Human Resource Tab

3



*Select Wellness Incentive Link

4

Get your wellness exam anytime to qualify. Steps:



exam appointment with your **Primary Care Provider (PCP)**, a.k.a. your family doctor. Preventative exams to you through the Municipal Health Benefit Fund. [Click here](#) to find one in-network or ask LaKaisha Shelby in Fit2Live for help: 501-442-7406.

er the 2023 [results form](#). Ask them to complete it and mail it to Fit2Live. ←

3. **Print and sign the 2023 [program release form](#)** and send it to LaKaisha Shelby – ishelby@nlr.ar.gov ←

4. Once LaKaisha receives the results form from your doctor's office and your program release form, she will send you your **gift cards** according to how much you've earned! The goal numbers and criteria are outlined in the [Program Overview](#).

5. Employees who do not qualify for a certain category's incentive through their first screening may screen again at a later date. Their incentive will be based on improvement to a better category. This is called "[Reasonable Alternative](#)."

6. [Employee Enrollment Wellness Incentive Form](#) ←

7. [Incentive Wellness Form](#) ←

*Select #3 to complete the release form (Must Have)

*Select #6 to enroll in Employee Wellness Incentive (Must Have)

*Select #7 to Access the Incentive Wellness Form



INCENTIVES



LUNCH BAG



T-SHIRTS



WATER BOTTLE



GIFT CARDS



FITBIT



CASH PRIZE



AIR FRYER



GYM BAG



TIME OFF



JUMP ROPE



HAND WEIGHTS



UNDERDESK STEPPER



MEAL PREP



BALANCE BALL CHAIR



YOGAMAT

Challenges

- JANUARY STEP CHALLENGE
- FEBRUARY HEART MONTH "GO RED"
- ARKANSAS HEART WALK
- ARKANSAS MS AWARENESS WALK
- PROSTATE CANCER SCREENING
- WEIGHT WATCHERS
- BLUE & YOU CHALLENGE
- ARKANSAS MS AWARENESS WALK
- ARKANSAS HEART WALK
- BIOMETRIC SCREENING
- MORE PINK(BREAST CANCER AWARENESS) WALK
- RIVER CITY (COMMUNITY HEALTH) WALK
- NAMI (MENTAL HEALTH) WALK
- ROLL THE DICE
- 10LBS IN 10 WEEKS
- JUNE STEP CHALLENGE
- RELAXATION MAY CHALLENGE

TAKE 10,000 STEPS

What: June Step Challenge. Average at least 10,000 steps per day during the month of June to be eligible.

Looking to Win a

City of North Little Rock is AGAIN offering Fitbit as an incentive for the top three employees that have the most steps at the end of the JUNE Challenge.

Rules to JOIN: Send an email with the following information by July 1, 2022 to lselby@nlr.ar.gov.

- Name
- Screenshot of weekly step count, (Monday to Friday)
- Steps can be counted by any app. I just need a screenshot as proof.



ROLL THE DICE
DEPARTMENT CHALLENGE

GET READY!

The Fit2Live Department is rolling out monthly department challenges. Our first challenge, **ROLL THE DICE**, begins Wednesday, **December 1st**. Each Department Head should send in your acceptance via email to lselby@nlr.ar.gov. Once your email has been received, your department will receive a folding mat, Exercise Dice and challenge information before the start of the challenge. This challenge is exactly what the title says, **ROLL THE DICE!**. You will have a Weekly Exercise Log as shown below and weekly random gifts will be given for each participant.

Let's get to moving, City of North Little Rock!



BREAST CANCER

RUN & WALK

2 mile Awareness

OCT 15

TO REGISTER SCAN THE CODE

NLR RIVERFRONT PARK

RACE BEGINS AT 8AM | FUN BEGINS AT 10AM
MUSIC - FOOD - KIDS CORNER & MORE!

PH: (501) 975-8628 EMAIL: LSHELBY@NLR.AR.GOV




NEW YEAR, NEW YOU

JANUARY 9, 2023
STARTING AT 6:00 AM

WALKING INTO 2023*. A 15-Day Fitbit CHALLENGE (4-F). Joining is easy, simply send an email with the subject line, "NEW YEAR, NEW YOU" and your name will be added to the list of participants. Each week you will receive a screenshot of your steps to the email below, the winners will be announced on January 30 and will receive, a fitness swag bag.

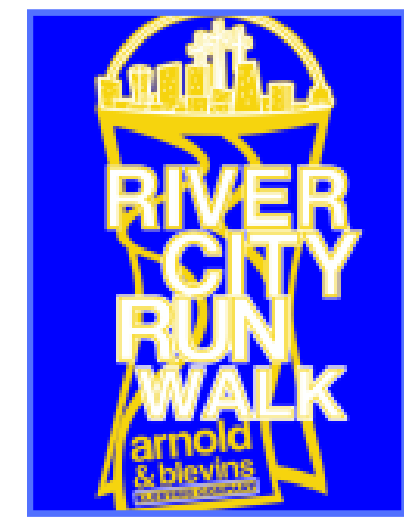
LSHELBY@NLR.AR.GOV [Join now](#)



Earn up to \$100 for getting your physical!

You can earn \$20—\$100 for getting your free annual physical and showing healthy results.

Visit www.nlr.ar.gov/wellness to learn more, or call LaKaisha Shelby, Fit2Live Director (501) 442-7406

SEPTEMBER IS PROSTATE CANCER AWARENESS MONTH

Prostate cancer is the process in which cells begin to grow abnormally and crowd out healthy cells. As the abnormal cells multiply, they form a malignant (cancerous) growth or tumor. Prostate cancer is the most common cancer in men after skin cancer. More than 230,000 men in the U.S. will be diagnosed with prostate cancer every year. However, 30,000 men die of the disease every year. Arkansas currently has 2,510 cases which an estimate of 430 cases will end in death. This type of cancer if found in early stages can be treated, however getting screened is the first step.

The City of North Little Rock
Offers FREE screening for City employees:
Public Works Compound
September 13th 5:30am - 7:30am
North Little Rock Community Center
September 20th 10:00am - 1:00pm

SCAN QR CODE TO REGISTER




DISCOUNTS ON CITY FACILITIES

NLR COMMUNITY CENTER

FITNESS CLASSES, CARDIO EQUIPMENT, WEIGHTS, GYMNASIUM, SAUNA, AND SHOWERS. ALSO INCLUDES ACCESS TO NORTH HEIGHTS, SHERMAN PARK AND GLENVIEW COMMUNITY CENTERS. MEMBERSHIPS CAN BE PAID THROUGH PAYROLL DEDUCTION OR IN FULL WHEN YOU SIGN UP.

	REGULAR COST/YEAR	EMPLOYEE COST/YEAR
EMPLOYEE ONLY	\$120.00	\$65.00 (OR \$2.50 PER PAY PERIOD)
EMPLOYEE W/ SPOUSE	\$183.00	\$128.00 (OR \$4.93 PER PAY PERIOD)
SENIOR EMPLOYEE ONLY	\$60.00	\$32.50 (OR \$1.25 PER PAY PERIOD)
SENIOR EMPLOYEE W/ SPOUSE	\$123.00	\$95.50 (OR \$3.68 PER PAY PERIOD)

HAYS SENIOR CENTER

AGE 50+. CARDIO EQUIPMENT, WEIGHTS, WALKING TRACK, 2 SWIMMING POOLS. MEMBERSHIPS CAN BE PAID THROUGH PAYROLL DEDUCTION OR IN FULL WHEN YOU SIGN UP.

	REGULAR COST/YEAR	EMPLOYEE COST/YEAR
EMPLOYEE ONLY	\$150.00	\$75.00 (OR \$2.88 PER PAY PERIOD)
EMPLOYEE W/ SPOUSE	\$300.00	\$225.00 (OR \$8.65 PER PAY PERIOD)

BURNS PARK GOLF COURSES

PAY JUST HALF THE SENIOR RATE WHEN YOU WALK THE COURSE. RATES ARE GOOD AT ALL TIMES EXCEPT SATURDAY MORNINGS FROM 6:00 A.M. TO 11:30 A.M.

	REGULAR COST/USE	EMPLOYEE COST/USE
TOURNAMENT COURSE WEEKDAYS	\$8.00	\$4.00
TOURNAMENT COURSE WEEKENDS	\$12.00	\$6.00
CHAMPIONSHIP COURSE WEEKDAYS	\$12.00	\$6.00
CHAMPION COURSE WEEKENDS	\$16.00	\$8.00

DISCOUNTS ON CITY FACILITIES

BURNS PARK TENNIS CENTER

DISCOUNT INCLUDES OUTDOOR COURT USE ONLY FOR 1.5 HOURS. NON-PRIME TIME IS 8:00 A.M. TO 6:00 P.M., MONDAY THROUGH FRIDAY. PRIME TIME IS 6:00 P.M. OR LATER, AND WEEKENDS.

REGULAR COST/USE	EMPLOYEE COST/USE
NON-PRIME TIME - SINGLES \$8.00	\$4.00
NON-PRIME TIME - DOUBLES \$10.00	\$5.00
PRIME-TIME - SINGLES \$10.00	\$5.00
PRIME-TIME - DOUBLES \$12.00	\$6.00

CORPORATE OFFERS

NOTE: THESE OFFERS ARE FROM PRIVATE COMPANIES AND HAVE NOT BEEN ENDORSED OR VETTED BY THE CITY OF NORTH LITTLE ROCK.

10 FITNESS

SIGN UP FOR THE 10 FITNESS CORPORATE PROGRAM (SAME PRICE AS REGULAR MEMBERSHIP) AND 10 FITNESS WILL WAIVE THE JOINING FEE. THEY WILL ALSO AUTOMATICALLY SEND YOUR ATTENDANCE REPORT TO BERNADETTE FOR THE \$10/MO. FITNESS REIMBURSEMENT.

10 Fitness

NO JOINING FEE.
NO COMMITMENT.

1st MONTH OF LEVEL 10 FREE!

Basic	Premium	Level 10
\$6.95 /bi-weekly <small>\$99.95-joining-Fee- \$39.95 Annual Fee</small>	\$14.95 /bi-weekly <small>\$49.95-joining-Fee- \$39.95 Annual Fee</small>	\$20.95 /bi-weekly <small>\$0 Joining Fee \$39.95 Annual Fee</small>
<ul style="list-style-type: none"> ✓ 24/7 Single Club Access ✓ Lite Freeweight Area ✓ Weight Machines ✓ Functional Training Area ✓ Women's Only Room ✓ Cardio Deck ✓ Cardio Cinema ✓ Locker Rooms 	<ul style="list-style-type: none"> ✓ 24/7 Multi-Club Access ✓ Bring a Guest ✓ Group Exercise Classes ✓ Massage ✓ Tanning ✓ Premium Freeweight Area ✓ Weight Machines ✓ Functional Training Area ✓ Locker Rooms ✓ Cardio Cinema ✓ 20% off Cooler Drinks 	<ul style="list-style-type: none"> ✓ Team Training led by a Certified Personal Trainer ✓ 24/7 Multi-Club Access ✓ Bring a Guest ✓ Group Exercise Classes ✓ Massage ✓ Tanning ✓ Premium Freeweight Area ✓ Weight Machines ✓ Functional Training Area ✓ Locker Rooms ✓ Cardio Cinema ✓ 20% off Cooler Drinks

Annual Fee comes out 30 days after joining and every year on that same date thereafter.

To join, scan this or go to 10Fitness.com/promotions and enter Promo Code: **10PROMO**

This offer is extended to all employees, their family, and friends who wish to sign up through the Corporate Benefits Plan. The following items are required for each new member joining: A Checking or Savings Account with routing and account numbers.

For more information about our Corporate Sales Program please call: 501-500-9515

TESTIMONIALS

A BIG SHOUT OUT TO OUR FIT 2 LIVE DEPARTMENT, I HAVE REALLY ENJOYED THE CHALLENGES OVER THE LAST YEAR LIKE THE 10 IN 10 AND THE 15 DAY CHALLENGE. THEY REALLY HELP TO MOTIVATE ME TO MOVE MORE AND GET BACK ON TRACK. I HAVE LOST A FEW POUNDS AND INCREASED MY DAILY STEP COUNT. LAKAISHA HAS ENCOURAGED ME TO JOIN ALL THE WALKS AND JUST DO THE BEST I CAN ONE STEP AT A TIME. I HAVE HAD A COUPLE MEDICAL CHALLENGES OVER THE LAST 18 MONTH AND THIS HAS REALLY HELPED ME TO GET BACK TO A HEALTHIER STATE. I STILL HAVE A LONG WAY TO GO BUT THANKS FTL FOR HELPING TO KEEP THE NEEDLE MOVING IN THE RIGHT DIRECTION



DANA RAE BURN

I really enjoy the Fit 2 Live program. I like getting together with the all the departments of the city for the different walks that we do. I think the incentives for the monthly fitness challenges are great. The Weight Watchers program has really helped me I have lost 20 pounds since I have started that program. Mrs. Shelby is at all the events to encourage us to give our all. She is very professional and uplifting. I really think this is a great program the City offers its employees. Way to Go Kaisha Shelby Thank you for all your hard work.

SHAY REAGAN



EAP



501-663-1797 / 1-800-777-1797
(ASK FOR TERRI)



info@southwesteap.com



<https://sweapconnections.com/>



<https://southwesteap.personaladvantage.com>



SWEAPConnections



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<https://nlr.ar.gov/fit-2-live>



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<https://www.facebook.com/NLRisFit2Live/>