

NLR Employee Wellness Incentive Program – Up to \$100

HOW DOES IT WORK?

- Visit your Primary Care Provider (PCP) for an annual wellness exam.
 - Don't have a PCP? Find one at www.nlr.ar.gov/doctor or contact LaKaisha Shelby for help, 442-7406, lshelby@nlr.ar.gov.
- Preventative exams completely FREE to you through the City's health benefit plan.
- Tell your PCP's office you're scheduling an ANNUAL WELLNESS EXAM.
- Be careful not to talk about other health issues during your exam, or else your PCP might code it as a different type of visit (diagnostic, for example) and you might be charged for the visit.
- Give your PCP the results form. Ask them to complete it and mail it to Fit 2 Live.
- Tobacco & Nicotine incentive will be based on the honor system, reports from peers and random testing.
- Fit 2 Live follows HIPAA guidelines to ensure protection of health information. Information is accessible only to the City of North Little Rock staff member designated by the Mayor to manage the Employee Wellness Incentive Program, and is stored in a password-protected database.
- Incentives are paid out in the form of a Walmart gift card.
- Reasonable alternative: Employees who do not qualify for the incentive through their first screening may screen again at a later date. Their incentive will be based on improvement to a better category.

Wellness Incentive Categories	"GREAT" Category	Employee Incentive
Annual Preventative Exam	Complete in 2016	\$20
1. Tobacco & Nicotine	Tobacco & Nicotine Free	\$10
2. LDL Cholesterol	130 or lower	\$10
3. HDL Cholesterol	40 or higher	\$10
4. Triglycerides	200 or lower	\$10
5. Blood Pressure	130/85 or lower	\$10
6. Blood Glucose or A1C	110 or 7% or lower	\$10
7. Body Mass Index	26 or lower	\$10
-OR- Waist-to-Height Ratio	50% or lower	
	Reward if achieve 7 out of 7	\$10
	MAXIMUM INCENTIVE	\$100

Questions? Contact LaKaisha Shelby, Fit2Live Director, at 442-7406 or lshelby@nlr.ar.gov