



CITY OF LAREDO
Human Resources Department
Employee Health and Wellness Division
Wellness Incentive Checklist FY 2022-2023



The City of Laredo is excited to continue the Wellness Incentive Program for eligible City employees (City employees in permanent full time positions) to receive two (2) wellness days off and a free 1-year membership to all City of Laredo recreation centers, upon the completion of **Eight (8)** wellness activities for Fiscal year 2022-2023.

CHOOSE SIX (6) ACTIVITIES FROM THE FOLLOWING LIST (MANDATORY)

Complete InBody and Buena Vida Panel (must receive results counseling by EHW nurse) at EHW clinic. (Buena Vida must be performed on/after October 1, 2022).
Provide proof that you have a Primary Care Provider. This includes only Family Medicine and Internal Medicine doctors, and last visit to their office must have taken place within 12 months. (Explanation of benefits, medical documentation, or proof of medication (prescription bottle) provided by your primary care physician will be the only allowed forms of verification).
Annual Physical for employee or spouse covered under The City of Laredo Medical Plan (must be coded as annual physical). Must be completed by Primary Care provider. (Explanation of benefits or documentation provided by PCP are only allowed forms of verification).
Preventative exams for employees or spouse covered under The City of Laredo Medical Plan (PAP, Mammogram, or Colonoscopy).
Provide proof of Annual Dental cleaning; employee only.
Provide proof of Eye exam; employee only.
Minimum of (4) blood pressure health screenings a year, 1 per week, and (1) counseling session by EHW nurse. (Must be done at any of the 10 health stations located at City Hall, Public Works, Health, Solid Waste, City Hall Annex, Police, Utilities, Planning, Fire or Parks).
Attend a one-on-one Nutrition Services consultation with our contracted H-E-B registered dieticians.
Return iFOBT kit (Immunological Fecal Occult Blood Test) to Employee Health. This test determines if blood is present in stool.
Flu shot (Must be administered by Employee Health & Wellness).
Complete medical benefit enrollment during The City of Laredo 2022 <i>Online</i> Benefit Enrollment during first week 07/25/2022- 07/31/2022.
Attend a minimum of one (1) Physical Activity class. Classes will be provided by the City of Laredo Parks & Recreation Department (Zumba, Aerobics, Yoga, etc)

CHOOSE TWO (2) ACTIVITY FROM THE FOLLOWING LIST (Optional)

Complete Smoking Cessation Program (Provided telephonically, and free of charge by our Employee Assistance Provider. Call ComPsych: 844-636-4407).
Attend a minimum of one (1) Explanation of Insurance benefits provided by Human Resources, Health and Benefits Division.
Attend a minimum of one (1) Employee Assistance Program training provided by ComPsych; includes the monthly available training on "Drinking Responsibly".
Attend a minimum of one (1) Risk Management training.
Attend a Nutrition Services class hosted by H-E-B. Group setting to teach quick, easy-to-make healthy meals.

Participation/ attendance of events requires prior approval of your supervisor and/or department director

*** All activities must be completed within FY2022-2023; last day to submit documentation is August 31, 2023***