



**CITY OF LAREDO**  
**Human Resources Department**  
**Employee Health and Wellness Division**  
**Wellness Incentive Checklist FY 2017-2018**



The City of Laredo is continually seeking innovative ways to provide resources for employees to improve and maintain their health. As a part of our efforts, we are excited to continue the Wellness Incentive Program for eligible City employees (those with medical benefits) to receive two wellness days off and a free membership to the City's Recreation Centers, upon the completion of **seven (7)** wellness activities for Fiscal Year 2017-2018.

**Please see Wellness Incentive Reward Information Form for more information**

**CHOOSE THREE ACTIVITIES FROM THE FOLLOWING LIST (MANDATORY)**

Buena Vida Panel and counseling at EHW clinic. (Buena Vida must have been performed after October 1, 2017).
Annual Physical for employee or spouse covered under City of Laredo Medical plan (Must be coded as annual physical by physician's office).
Preventive exams for employee or spouse covered under City of Laredo Medical plan (PAP, Mammogram, and Colonoscopy).
FLU shot (Must be administered to City employee by EHW).
Minimum of 4 health screenings a year, 1 per week. (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).
Receive one counseling session at EHW on blood pressure screenings captured by any of our 10 health stations (see above). A minimum of 4 screenings, 1 per week is required. Results may be printed at home or by EHW staff.
Return iFOBT kit (Immunological Fecal Occult Blood Test) to Employee Health. This test screens for blood in stool, and kits may be given to those who meet screening criteria.

**CHOOSE FOUR ACTIVITIES FROM THE FOLLOWING LIST**

Signing up to receive text messages. Employees who are currently participating will automatically be credited point.
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 or medical documentation from your primary care physician will be the only forms of proof allowed).
Complete Smoking Cessation Program (Provided telephonically, and free of charge by our Employee Assistance Provider. Call ComPsych: 844-636-4407).
Complete Blue Cross Blue Shield of Texas's Health Assessment. Visit their website at <a href="http://www.bcbstx.com">www.bcbstx.com</a> (This can be done by employee or spouse under the City of Laredo medical plan).
Complete an InBody test. A 60 second assessment of body composition which reveals percentage of body fat, muscle, and water. Assessments and counseling on results are done at EHW clinic.
Attend a minimum of one (1) wellness class/event provided by EHW.
Attend a minimum of one (1) Employee Assistance Program training provided by ComPsych.
Attend a minimum of one (1) Risk Management training.
Attend a minimum of one (1) Explanation of Insurance benefits provided by Human Resources, Health and Benefits Division.

\*\*\* For more information, please contact our office at (956) 727-6470\*\*\*

**Wellness Incentives for FY 2017-2018**  
 (Activities/reward may change next fiscal year)