



CITY OF LAREDO
Human Resources Department
Employee Health and Wellness Division
Wellness Incentive Checklist FY 2020-2021



The City of Laredo is excited to continue the Wellness Incentive Program for eligible City employees (City employees in permanent full time or part time positions) to receive two wellness days off upon the completion of **ten (10)** wellness activities for Fiscal Year 2020-2021.

Please see Wellness Incentive Reward Information Form for more information

CHOOSE NINE ACTIVITIES FROM THE FOLLOWING LIST (MANDATORY)

Buena Vida Panel and counseling at EHW clinic. (Buena Vida must have been performed after October 1, 2020).
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, or Colonoscopy).
Provide proof of Annual Dental cleaning; employee only.
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).
FLU shot (Must be administered to City employee by EHW).
Minimum of (6) 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).
Complete Blue Cross Blue Shield of Texas's Health Assessment. Visit their website at www.bcbstx.com (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 one-on-one Nutrition Services consultation with our contracted H-E-B registered dietitians (Mission Nutrition), or attend a Nutrition Services class.
Return iFOBT kit (Immunological Fecal Occult Blood Test) to Employee Health. Kits will be given to those who meet screening criteria. This test determines if blood is present in stool.
Signing up to receive text messages. Employees who are currently participating will automatically be credited point.
Attend a minimum of one (1) Explanation of Insurance benefits provided by Human Resources, Health and Benefits Division.
Schedule a phone call (virtual or telephone) with our Blue Cross Blue Shield Wellness Coordinator.

CHOOSE ONE ACTIVITY FROM THE FOLLOWING LIST

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) Physical Activity class. Classes will be provided by the City of Laredo Health Department (QR Fit Trail class) or the Parks & Recreation Department (Zumba, Aerobics, Yoga, etc.) (Suspended until further notice) . Or provide EHW proof that you (employee) have membership at a local gym facility.
Attend a minimum of one (1) Employee Assistance Program training provided by ComPsych.
Attend a minimum of one (1) Risk Management training.

Participation for attending these events will be at the discretion of your supervisor and or department director

*** All activities must be completed within FY2020-2021***

For more information, please contact our office at (956) 727-6470
Wellness Incentives for FY 2020-2021