

ARBenefits is pleased to announce a new and improved wellness program for Arkansas State and Public School Employees. Employees have the opportunity to qualify for the 2019 program incentive by completing the steps below. In order to qualify, **covered employees and any covered spouse** must complete all requirements no later than **October 31, 2018**.



ARBenefits has partnered with Catapult Health to offer worksite checkups for state and school employees at a site near you. Screenings, which take approx. 30-40 minutes, offer lab-accurate diagnostic tests, biometric measurements, and a personal report with results and recommendations from a board certified Nurse Practitioner. Completing a worksite checkup through Catapult allows participants to complete both the biometric screening and health assessment requirements during their appointment.

## Health Assessment

Employee and covered spouse must complete a health assessment one of two ways:

1. Employees and covered spouses who participate in a worksite checkup with Catapult Health will complete their health assessment during their appointment.
2. Employees and covered spouses who do not participate in a Catapult Health worksite checkup will need to complete the online health assessment through the ARBenefits Member Portal. The assessment will be rolled out in **early 2018**.

The online health assessment through a Catapult Health worksite checkup, and the online health assessment through the ARBenefits Member Portal, are the only assessments that count towards the ARBenefits Wellness program requirements.

## Biometric Screening

Employee and covered spouse must complete a biometric screening through a Catapult Health worksite checkup, or through their physician.

Screenings include blood work, height and weight measurements, as well as a test for nicotine use. Employees who would like to have their screening completed by their doctor will need to have their physician complete the Primary Care Provider Form that will be available at [www.ARBenefits.org](http://www.ARBenefits.org) early 2018.

### New for the 2019 incentive

**Members who test positive for nicotine:** can still qualify if they enroll in the GuidanceResources® Tobacco Cessation Program.

To schedule an appointment for a Catapult Health worksite checkup, or to view a schedule of upcoming Catapult clinics, visit [www.TimeConfirm.com/ARBenefits](http://www.TimeConfirm.com/ARBenefits).