

The Arkansas Municipal League's Wellness Program #AMLMoves is for members of the Municipal Health Benefit Fund.

Looking for help launching or improving your municipal Wellness Program? The Arkansas Municipal League and the Municipal Health Benefit Fund can help you! In late 2015, League staff embarked on a voluntary wellness initiative titled #AMLMoves. To date, there are quite a number of success stories from this initiative. Two members have shed a total of 137 pounds, one member has logged 620 miles of running while another dedicates at least 20 hours/month to working out.

Q: How can your city accomplish this?

A: Join the League's customized Wellness Program #AMLMoves and become an #AMLMoves municipality.

Did you know that 70% of healthcare spending is driven by five unhealthy life style behaviors?

1. Poor Diet
2. Inactivity
3. Tobacco Use
4. Stress
5. Alcohol and Drug Use

The good news is these behaviors, if modified through a municipal wellness program, will result in motivating employees to make positive changes. Take the first step to a healthier, more productive workforce by utilizing the League's customized Wellness Program #AMLMoves offered through the Municipal Health Benefit Fund, www.arml.org/mhbf.

Take a look at the tools the League offers to municipalities participating in #AMLMoves.

Organizational Health Guide/Information

Upon request, Municipal Health Benefit Fund members participating in #AMLMoves can be provided the following information:

- The percentage of your employees using wellness/preventive benefits.
- The top risk factors that are driving your cost.
- Percentage of employees classified as high-risk based on utilization data.

The above information can be used to customize wellness information and education for your organization.



Preventative Care Benefits

With proper notification to the health care provider, routine preventative benefits are reimbursable at 100% of all allowable, reasonable and customary charges and not subject to deductible and benefit percentages.

Some of the services considered as routine preventative services include:

- Mammogram
- PAP screening
- PSA screening
- Colon/Rectal examination—coverage for the detection of colorectal cancer for covered members who are 50 years of age or older
- General health panel
- TB screening
- Well baby/well child care
- Carotid screening
- Smoking cessation



Immunizations Benefits

The MHBF covers the following immunizations:

- DT (diphtheria, tetanus toxoids)
- DTaP (diphtheria tetanus toxoids and pertussis)
- Td (tetanus) booster
- MMR booster
- Influenza
- Hepatitis A
- Hepatitis B
- Pneumococcal (pneumonia)
- HIB (hemophilus influenza B)
- Zosataxav (shingles vaccine)
- All recommended childhood immunization

As a member of the Municipal Health Benefit Fund, employees have the opportunity to receive treatment and coverage for many conditions that, if left untreated, could lead to significant health problems. Examples of these treatments and coverage are:

- Bariatric Weight Loss Program
- Diabetic Training
- Chemical Dependency
- Nutritional and Weight Counseling

While the above benefits are subject to normal co-pays and benefit percentages, they are important tools in combating obesity, diabetes, and chemical dependency.

On-Line Medical Experts – 24 Hour Nurse Line

eDocAmerica (www.edocamerica.com) is free, confidential and unlimited for MHBF members and their family. eDoc provides members with a free Healthy Lifestyle Assessment to help monitor your health status. eDoc gives MHBF members email and phone access to physicians, psychologists, pharmacists, dentists, dietitians and fitness trainers.

24/7 Nurse Advice Line: 866-842-5365

General Information: 866-525-3362

On-Site #AMLMoves Visits

The MHBF will provide health information for your municipality via on-site visits. These visits are designed to provide comprehensive health information on how to improve the health of your employees. An MHBF nurse and an AML wellness professional will work with city officials and personnel in developing a comprehensive wellness program to assist employees in making healthier choices. This will impact employees' health in a positive way.

Becoming an #AMLMoves municipality is voluntary. Make a commitment to employee health and the League will provide the support you need to become successful.

Don't let 20% of your employees drive up 80% of your healthcare costs.

#AMLMoves will get your employees moving in the right direction!



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www.arml.org/mhbf

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