

Arkansas Healthy Employee Lifestyle Program (AHELP)

Arkansas Department of Health

Would your employees be motivated by earning valuable incentives? If so, read on!



Implemented through the **Arkansas Healthy Employees Lifestyle Program (AHELP)**, legislation was passed allowing state employees to earn up to three days paid leave for satisfactory participation in the web-tracking behavior program. In addition, it also recommended for state agencies to have indoor walking routes or outside trails for employees in close proximity to the worksite.

Ways to win points...

- Engage in physical activity
- Eat fruits and vegetables
- Remain or become Tobacco Free
- Obtain preventive health screenings
- Take the yearly Health Risk Assessment

AHELP in Action

1. Complete a Health Risk Assessment
2. Record behaviors online to earn points
3. Appoint a Program Champion to do marketing, recruiting, give prizes, and plan employee events at each site

4. Offer health education classes, walking groups and inter-agency competitions
5. Map indoor and outdoor walking paths
6. Reward healthy behavior points with up to 3 days of leave and prizes like t-shirts, gym bags, or state park passes

Reach your employees on many levels!

- *Individual:* AHELP has periodic health assessments with feedback for individuals
- *Environmental:* Fitness rooms on-site in several areas, indoor and outdoor walking routes
- *Organizational:* The incentive of paid leave encourages employee participation

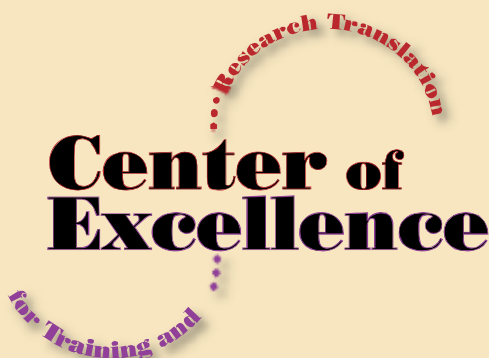
Expansion of AHELP.....

AHELP has been available for 10,000 employees at some 200 sites and is now available at the discretion of the agency directors for all state agencies. The model template is posted for other states or businesses to replicate.

Find AHELP Intervention Materials online at

www.center-trt.org.

- **Template-** presents essential information about the intervention
- **Materials-** contain the toolkit components



The Center of Excellence for Training and Research Translation (Center TRT) is devoted to bridging the gap between research and public health practice with an emphasis on nutrition, physical activity, and the prevention and control of cardiovascular disease and obesity.

To advance the skills of public health practitioners, the Center TRT provides in-person and web-based trainings. To promote evidence-informed practice, the Center TRT identifies, translates and disseminates interventions, including the one featured above. To download the translated intervention and accompanying materials, visit the Center TRT website at www.center-trt.org

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