

Arkansas Department of Health Lifestage Health Branch

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STAMP OUT SMOKING
ARKANSAS DEPARTMENT OF HEALTH



Arkansas Department of Health
Keeping Your Hometown Healthy



Arkansas Healthy Employee
AHELP
Lifestyle Program

HEALTH WANTED!



Get Healthy

and earn points for up
to **THREE EXTRA DAYS**
of paid leave each year!



Arkansas Healthy Employee Lifestyle Program

How would you like to earn **three days of paid leave** per year? Paid leave can be redeemed by state employees who participate in the Arkansas Healthy Employee Lifestyle Program (AHELP) based on the number of accumulated points earned for healthy behaviors. The program is designed to help state employees become physically active, eat healthier and reduce or quit tobacco use.

There is no fee to join. To participate, just do these three things:

- 1 Complete the AHELP Health Risk Assessment**
- 2 Register and set up your profile**
- 3 Log on and enter your activities**

Be rewarded for your healthy behaviors and earn up to three extra days of paid leave per year!

Using the AHELP point system for healthy behaviors, employees who participate can earn up to three days of paid leave each year.

Take the first steps toward better health for you and your family.

When you participate in AHELP, you will keep money in your pocket by saving on health care costs associated with doctors' visits, increase your social networks and support systems and become successful in obtaining long lasting results.

Sign up for AHELP today!

Instructions on how to sign up for the program are available online at www.ahelp.arkansas.gov or contact your unit's AHELP Coordinator.



Improve your health and quality of life by participating in healthy lifestyle activities.