

HEALTH WANTED!



Arkansas Healthy Employee Lifestyle Program

Join the Arkansas Healthy Employee Lifestyle Program (AHELP) and start working your way to better health.

State employees can get up to **three extra days** of paid leave based on the points earned for healthy behaviors.

There is no fee to join. Just go online at www.ahelp.arkansas.gov to set up your profile and take the first steps toward better health!

