



DEPARTMENT OF  
**HUMAN  
RESOURCES**

## City of Little Rock: Annual Exam Form

Please return this form to:

**City of Little Rock**

**Risk Management & Wellness Division**

**500 W. Markham St, Suite 130W, Little Rock, Arkansas 72201**

**Office: (501) 371-4670**

**Fax: (501) 371-4496**

**Email: [CityOnTheMove@littlerock.gov](mailto:CityOnTheMove@littlerock.gov)**

**Mandatory: Complete before December 15, 2024**

**(A \$50 per month penalty will be charged**

**until this document is turned in to Human Resources)**

Member Name: \_\_\_\_\_

Employee #: \_\_\_\_\_

Employer: City of Little Rock

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The referenced member above completed an Annual Physical Exam on  
\_\_\_\_\_ (mm/dd/yyyy).

Physician/Nurse/Pharmacist Name and Office Location/City Event:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Physician/Nurse/Pharmacist Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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I ( \_\_\_\_\_ ) have completed the City of Little Rock Annual  
Physical Exam.

Employee Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**See the back to learn how to earn your \$200 incentive money from Cigna!**

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As a member of the City of Little Rock's group health program, you are required to complete an annual physical exam. The exam must be completed between January 1 and December 31, 2024 for the 2025 year.

### Why do an Annual Physical Exam?

If you do not complete an annual physical exam, you will be charged a \$50 per month (\$600 per year) premium for your health insurance until you complete an exam and provide documentation of the exam to the Human Resources Department.

You can earn up to \$200 from our insurance wellness program MotivateMe by completing any preventative care exam below. To see how much incentive money you've earned, create an account at [www.mycigna.com](http://www.mycigna.com).

### What is considered a Preventative Care Exam?

(Check the box of the exam you are getting today)

- Annual Physical Exam (1 per year, age 18+)
- Mammogram (1 per year, age 40+)
- Colonoscopy (1 every ten years, age 50+) \*Firefighters exempt from age limit
- OB/GYN Exam (1 per year, age 13+)
- Prostate Cancer
- Colon Cancer
- Blood Pressure
- Diabetes
- Cholesterol

### Vaccinations

- Shingles
- Hep A
- Hep B
- HPV
- Flu Shot
- MMR