



LNB/CNB Wellness New Hire Handout

Lubbock National Bank and Commerce National Bank are excited to give all new LNB/CNB employees the opportunity to participate in wellness. Please read this handout carefully. If you have any questions, please call Andy Hothan or iaWellness for assistance.

iaWellness: 806-765-7265 | TF:806-877-765-7265

To Register Your Wellness Website:

- Go to www.lnbwellness.com
- Click the “Login/Register” button
- Select “ I’m a First Time User” and “Click Here to Begin”
- Complete the required steps to register
 - *Your employee ID is the first 4 letters of your last name (all lower case) and the last 4 digits of your SSN.

New Hire Wellness Program Steps:

- Confirm your tobacco status [25 points]
- Complete an online Health Risk Assessment within 7 days
- Start earning and tracking your wellness points
 - *Although you are not required to earn points, we encourage you to earn 250 points per term to be eligible for Success Shop gifts.
- Screen in July of 2017