# LGRMS Health Promotion Services

**Training Programs**

**Back Injury Prevention for Wellness** (F)

Back injury is the # 1 leading cause of missed work days. Learn about the parts that make-up your back, causes and types of injuries, how you can prevent injuries, and proper lifting techniques.

**BCBSGA 360° Health** (F)

One of the most comprehensive health management programs in the industry. Delivers unprecedented value through a suite of programs, tools, and resources. Discover all the services and benefits available to you.

**Office Ergonomics** (F)

“A comfortable fit of your surroundings and you.” Discover how to work smarter, not harder by fitting the task to the employee. Workstation assessments also provided.

**Freshstart Tobacco Cessation** (F)

Created by American Cancer Society Workplace Solutions. A 4-weekgroup-based tobacco cessation counseling program designed to help participants quit tobacco. Training provided by LGRMS Health Promotion Services**.**

**Health Consumerism and Self-Care** (F)

Employees learn skills in using a self-care book so they can manage everyday health problems. Participants will learn skills in self-care resulting in saving time and money in caring for common problems. Self-care is the most cost-effective program offered.

**Health Education - Various Topics** (F)

Identify the signs and symptoms of some of the most common health problems as well as learn how to manage and prevent them. Onsite trainings include: Losing Weight the Healthy Way, Cooking Made Healthy, Understanding Diabetes, Heart Smart, What’s On Your Plate?, What’s In That? (Reading Nutrition Labels), Be Active Your Way, Counting Your Steps to Fitness (Pedometer Challenge), Weight Management, and many more.

**LocalGovU E-Learning** (www.LOCALGOVU.com): Provides the nation's largest selection of city and county government-specific e-learning. Save time and money by training your staff, your department, or yourself online. Online trainings include: Eating Right for Health and Fitness, Understanding Carpel Tunnel Syndrome, Walking Your Way to Fitness, Stress Management, Nutritional Information (for Health and Wellness), Reducing Hypertension Risks, Smoking Cessation, and Workplace Ergonomics.

**Health Fair** (F)

The designated Health Promotion Leader is trained on how to plan and implement an employee health fair.

**Health Risk Assessment (HRA) and Onsite Consultation** (F)

Employees complete a brief confidential personal health analysis, receive advice from a confidential wellness report, and have a one-on-one consultation to explain results. The local government receives a group report that summarizes health and safety practices in their employee population. It also identifies costly risk areas of the group as a whole.

**Heart Health** (F)

A 6-week heart health program that helps employees gain a better understanding of how the heart works, cardiovascular disease, and what they can do to keep their heart healthy.

**Stress Management** (F)

Employees are trained in recognizing common signs of stress and how to manage them using special techniques.