# LGRMS Health Promotion Services

# Training Programs

**Back Injury Prevention for Wellbeing** (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 Health and Wellbeing** (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 by completing BCBSGA Health and Wellbeing training.

**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. Versions specific for Law Enforcement, Public Works, and EMS available.

**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 Care Consumerism** (F)

Designed for employees to learn how to better care for themselves and help decrease emergency room visits. Ways to manage common health problems, partner with their doctors, live better, and stay healthy are discussed. Participants will learn health care skills resulting in saving time and money by caring for common problems. Health Care Consumerism 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](http://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, Reducing Hypertension Risks, Smoking Cessation, and Workplace Ergonomics.

**Health Fair and Wellbeing Screenings** (F)

Employees receive health promotion/health education information and are offered baseline biometric screenings to identify risk areas.

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

Employees complete a brief confidential personal health analysis, receive advice from a confidential wellbeing 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. Versions specific for Law Enforcement, Public Works, and EMS available.

**DocTalk** (<http://timewellspent.bcbsga.com/employer-tools/member-webinars>)Employee-focused, health & wellbeing webinars, free to all of your employees! These webinars are led by licensed physicians and other healthprofessionals.

**LiveHealth Online and LiveHealth Online Psychology** (F)Doctor by your side? LiveHealth Online is a BCBSGA tool that provides for online doctor visits using two way video to connect participants with U.S. Board Certified doctors over the Internet. All that is needed is a computer or mobile device with camera and audio capability. LiveHealth Online Doctor Visits and Now Online Psychology. For BCBSGA members and non members now have the ability to see a psychologist or therapist at home within minutes or in just a few days. Like seeing a medical doctor it's quick, easy, and private.