



LGRMS
RISK CONTROL
ACCG | GMA

HEALTH PROMOTION SERVICES

Workplace Health
Promotion & Wellbeing

- Digital Brochure -

LGRMS

About Us

LGRMS - Local Government Risk Management Services (LGRMS) is a non-profit company created in 1988 to provide risk control services for the Association County Commissioners of Georgia (ACCG) and the Georgia Municipal Association (GMA) self-insurance pools. LGRMS assists local government members in the control of workers' compensation, property & liability, and health insurance risks.

LGRMS has three separate teams: Four - Loss Control Representatives, Three - Public Safety Risk Consultants, and Three - Health Promotion Services Representatives.

LGRMS, the first line professional resource for promoting, safety, loss reduction and wellness for Georgia local governments. Our mission, through education, training and consulting is to save lives, reduce injuries and loss of property for the benefit of employees, citizens and taxpayers.

The Pool Management Team



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Health Promotion Services

LGRMS Health Promotion Services proactively create opportunities for GMA and ACCG health insurance program members to enhance their health through leadership and the delivery of innovative wellbeing programs.

Workplace Services

- Awareness Resources
- Health Communication Campaigns
- Prevention and Health Education Trainings
- Behavior Change/Disease Management Programs
- Healthy Workplace Consultations

Health Promotion Offerings

Awareness Resources

Local governments receive assistance in distributing health awareness resources

- Health Literature
- Online Resources
- Interest Survey

Health Communication Campaigns

Local governments are supported in delivering health communication and media campaigns

- Newsletters
- Payroll Stuffers
- Poster Campaigns
- Information Websites

Prevention and Health Education

Local governments focus on learning and screening activities that impact knowledge, skills, beliefs, and health habits

- Back Injury Prevention for Wellness
- Anthem Health and Wellbeing
- LiveHealth Online and LiveHealth Online Psychology
- Office Ergonomics
 - Versions specific for Law Enforcement, Public Works, and EMS available
- Freshstart Tobacco Cessation
- Health Care Consumerism
- Health Education
 - Various Topics
- LocalGovU E-Learning
- Health Fair and Wellbeing Screenings
- Health Risk Assessment (HRA) and Onsite Consultation
- Heart Health
- Stress Management
 - Versions specific for Law Enforcement, Public Works, and EMS available.

- DocTalk (Only available to ACCG)
- Once-a-Year Offering: High Impact Champion Training

Behavior Change/Disease Management Programs

Local governments implement programs designed to provide guidance and promote lifestyle and behavior change

- Anthem Programs
 - Condition Care
 - Smoking Cessation
- UGA Extension Programs
 - Walk-A-Weigh
 - Walk Georgia

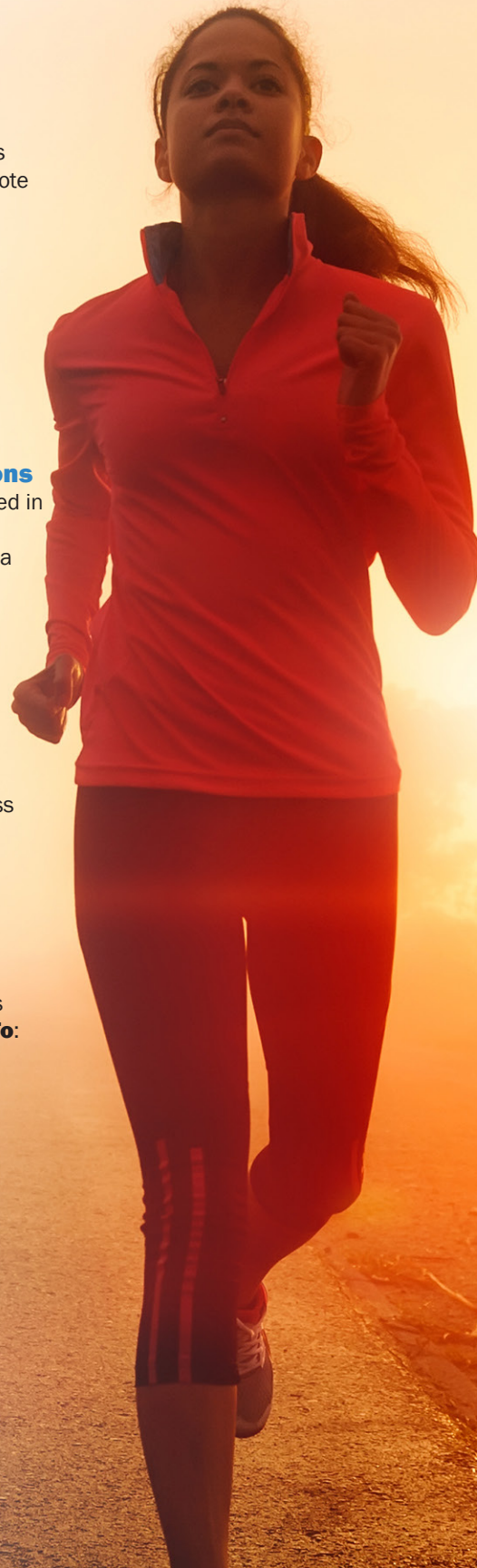
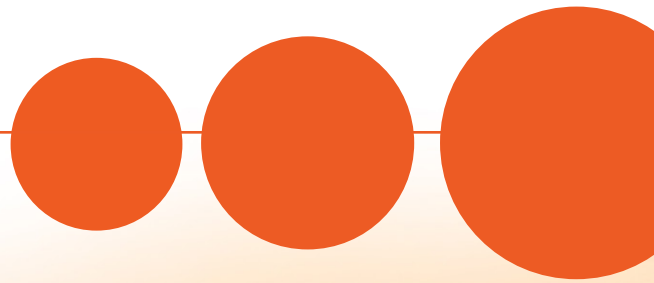
Healthy Workplace Consultations

Local governments' leadership is assisted in broadening its capacity to support the health and wellbeing of its employees via workplace organizational development.

- Workplace Health Audit
- Health Improvement Planning
- Group Wellbeing Profile Analysis
- Healthy Workplace Award
- Maximizing Organizational Health Program
- Health Plan and Workplace Wellness Policy Guidelines
- Team Building Challenges and Opportunities

On-site Training

LGRMS will provide on-site training on a variety of topics based on the member's needs. For a list of on-site training, **Go To:** <https://www.lgrms.com/Health-Promotion-Services.aspx>





Training Programs

LGRMS Health Promotion Services offer training programs on a variety of topics. They are held at different training locations and target multiple audiences.

Training Purpose

The purpose of the training programs is to give GMA and ACCG health insurance members the knowledge, skills, and abilities to protect their health. Thus, reaping the benefits of optimal wellbeing.

Training Series

The training programs are divided into two series: regional or focused. The type of series is designated by an (R) for regional or (F) for focused after each program.

- Regional Series - Half-day programs focusing on leadership or management topics. The teaching site is at numerous locations around the state, therefore making it easier for employees to attend.
- Focused Series - Typically 45 minutes to one hour and taught onsite at the member location.

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.

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

Freshstart Tobacco Cessation (F)

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

Health Care Consumerism (F)

Employees learn how to better care for themselves and help decrease emergency room visits. Participants will learn health care skills resulting in saving time and money by caring for common problems.

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: What's on Your Plate?, Cooking Made Healthy, What's in That? (*Better understand how to read and use nutrition labels*), Supermarket Survival Training, Be Active Your Way (*Physical activity guidelines for adults*), Losing Weight the Healthy Way, Weight Management (*Keeping your body weight at a healthy level*), Understanding Diabetes, The Silent Killer (*High Blood Pressure*), Here Comes the Sun (*Sun Safety*), Sweet Dreams: Better Sleep for a Better You, and many more.

LocalGovU E-Learning

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 Carpal Tunnel Syndrome, Walking Your Way to Fitness, and many more.

Health Fair and Wellness 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 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. Versions specific for Law Enforcement, Public Works and EMS available.

Once-a-Year Offering: High Impact Champion Training (R)

Learn to identify workplace assets, leadership skills for health promotion, to plan effective programs, about community resources, about LGRMS HPS no-cost resources, and how other local governments have built lucrative programs.

*Trainings are provided at no cost to the health insurance program members of ACCG and GMA.



Health Promotion Grant



GMA and ACCG offer a health promotion grant program to assist members in enhancing their ability to conduct new or improve existing workplace health promotion and wellbeing programs. Since inception of the program, over hundreds of thousands of dollars have been given back to each respective membership in grant funds.

How To Apply

The grant program is available to members of GMA and ACCG health insurance programs. Applications are sent early in the year and must be submitted on or before the applicable deadline. It is administered by LGRMS Health Promotion Services.

Please contact your Health Promotion Field Rep for an application.

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NE Central Region | Paige Rinehart 404.295.4979

FIELD REPRESENTATIVE REGIONS

Health Promotion Services

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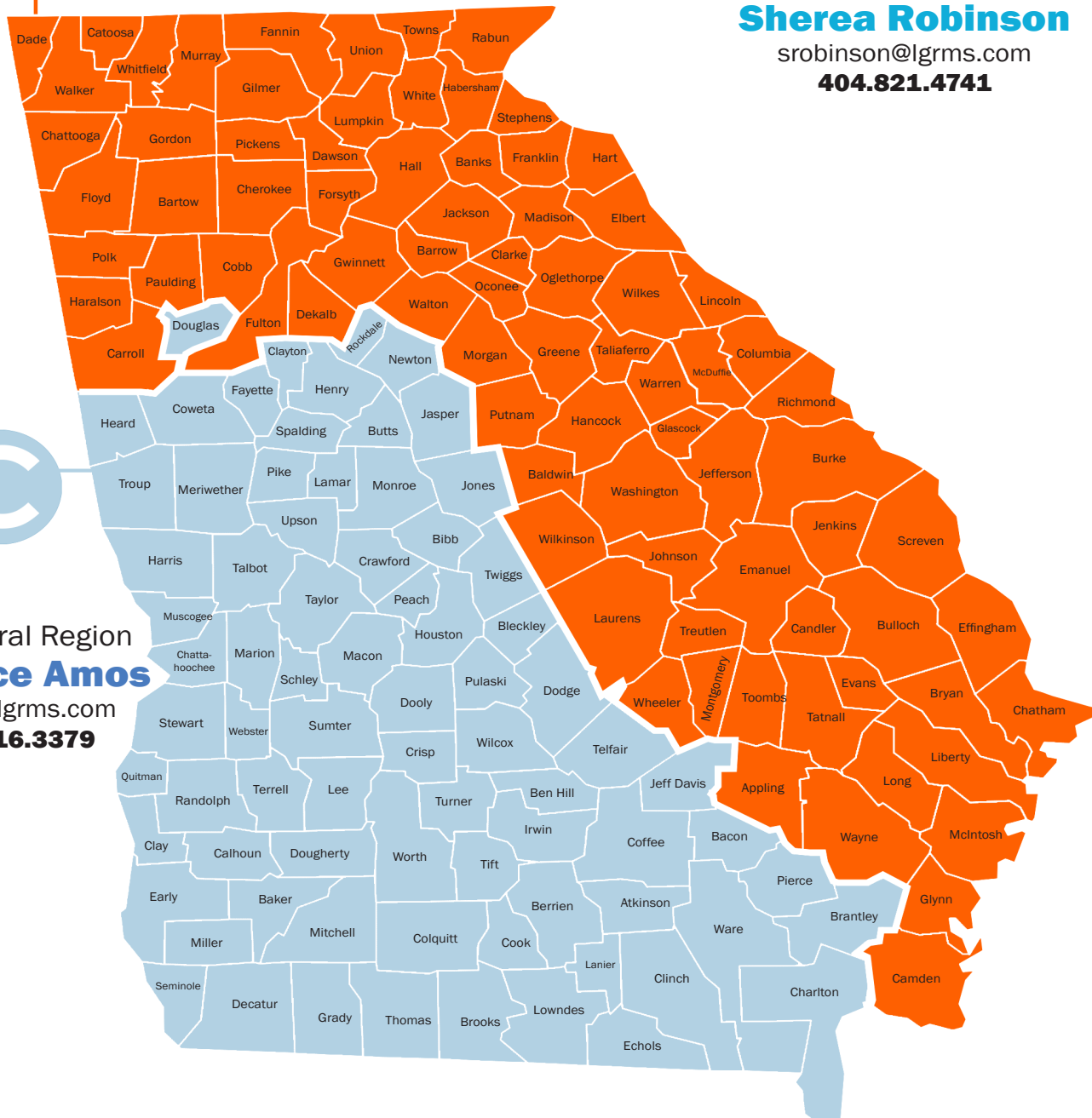
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