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July 16, 2021

MEMORANDUM VIA E-MAIL

TO: GMEBS Health Insurance Fund Members

FROM: Randy Logan, Deputy Executive Director

SUBJECT: 2021 Health Promotion & Wellbeing Grant Program

Georgia Municipal Association (GMA) is pleased to announce the renewal of the Health Promotion & Wellbeing Grant Program for 2021. These grants will assist members of GMA’s health insurance fund to conduct new or improve existing workplace health promotion and wellness programs. Over \$1,800,000 has been given back to the membership in grant funds since the program began in 2006.

GMA, in conjunction with Local Government Risk Management Services – Health Promotion Services (LGRMS-HPS), will immediately begin accepting applications for Health Promotion & Wellbeing Grants. The grant program is administered by LGRMS-HPS and is only available to members of the Georgia Municipal Employees Benefit System (GMEBS) Life and Health Insurance Fund. The attached application must be submitted on or before August 16, 2021 to:

Ms. Sherea Robinson
Health Promotion Services Manager
Local Government Risk Management Services
3500 Parkway Lane, Suite 110
Norcross, Georgia 30092

Any questions about the grant should be directed to Ms. Robinson at (678) 686-6281, toll-free at (800) 650-3120 or via email at srobinson@lgrms.com. Thanks!

RL:RL/dkm

Attachment

cc: GMEBS Board of Trustees
Mr. Larry Hanson, GMA Executive Director
Ms. Denise Joyce, GMA
Mr. Dan Beck, LGRMS
Ms. Sherea Robinson, LGRMS-HPS



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Atlanta, GA 30303
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Mailing Address:
PO Box 105377
Atlanta, GA 30348

2021 GMA Health Promotion & Wellbeing Grant Program

Georgia Municipal Association (GMA) is pleased to announce the Health Promotion & Wellbeing Grant Program for 2021. The program assists members of GMA's health insurance fund enhance their ability to conduct new or improve existing workplace health promotion and wellness programs. Over \$1,800,000 has been given back to the membership in grant funds since the program began in 2006. GMA in conjunction with Local Government Risk Management Services – Health Promotion Services (LGRMS-HPS), **will immediately begin accepting applications for Health Promotion & Wellbeing Grants.** The grant program is administered by LGRMS-HPS and is only available to members of the Georgia Municipal Employees Benefit System (GMEBS) Life and Health Insurance Fund. **Applications must be submitted on or before August 16, 2021.**

The safety, health and the general wellbeing is the top priority of city and county employees who help make up the local governments in the State of Georgia. As Georgia is reopening from restrictions due to the pandemic, LGRMS-HPS will follow the most recent CDC guidelines.

To be eligible for funding, members must complete the enclosed two-page grant application. If approved, the application becomes the member's agreement to meet all of the grant requirements and to carry out all required health promotion activities as described in the application. All award recipients will receive 50% of the initial grant amount and the remaining grant amount will be distributed after the **Mid-Point Check** has been submitted.

All applicants will be evaluated based on their ability to meet the prescribed criteria, financial need and the ability to demonstrate in-kind support. Grants will be awarded by employee population groups as follows:

- Member with more than 400 employees
- Members with 150 – 400 employees
- Members with less than 150 employees

Should you have any questions about the grant application, please contact Sherea Robinson, Health Promotion Services Manager.

Sherea Robinson, Manager
Health Promotion Services
Direct: 678.686.6281
Toll-free: 800.650.3120
FAX: 404.377.6594
srobinson@lgrms.com

“ Health research has shown that employee health promotion programs have a positive effect on health care expenses over time. ”

Organizational Information

Applying organization: _____

Address: _____

Number of employees with GMEBS Health Insurance Fund: _____

City administrator/manager: _____

Phone# _____

Designated Health Promotion Champion: _____

Phone# _____

Health Promotion Champion's work role/title: _____

E-mail address of designated Health Promotion Champion: _____

Current Health Promotional Activities:

- Has the city provided or have in place any employee health promotion or wellbeing programs/activities? If so, what?
- Does the city support employee participation in well-being programs/activities such as blood drives, Walk for the Cure, Diabetes Walks, March of Dimes, etc.?
- Do you currently have any budgeted funding for health promotion programs/activities? If so, how much?
- Does the city support awarding employees with making positive health improvement changes?
- Did the city receive a GMA Health Promotion Grant in a prior program year? (Yes/ No) If yes, applicant must submit a general activity plan of action for 2021 along with this application, in order to be considered for the grant. If no, submit the city's goals and objectives for the employee health and wellbeing program.



2021 GMA Health Promotion & Wellbeing Grant

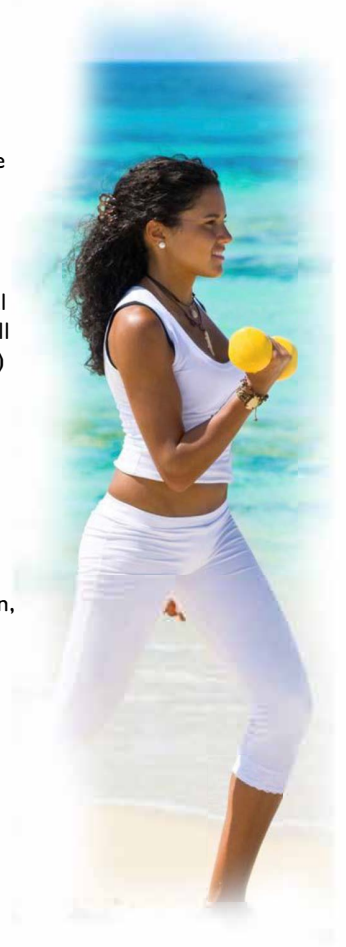
Application Conditions to participate:

- Current and continued enrollment in the GMEBS Life and Health Insurance Fund
- Completed application form must be submitted **by August 16, 2021**
to: Sherea Robinson, Health Promotion Services Manager
Local Government Risk Management Services
3500 Parkway Lane, Suite 110
Norcross, GA 30092
- Designate a Health Promotion Champion to oversee the city's health promotion & wellbeing programs/activities

Signing this application acknowledges agreement to follow through with the planned health promotion programs/activities.

Program requirements for approved applicants:

- The designated Health Promotion Champion must attend one of the scheduled LGRMS-HPS *Wellness Champion Training* workshops. The various dates and locations of the workshops will be announced in the letters notifying members of their award.
- City management will:
 - Distribute an initial Grant Press Release to local media and all employees announcing support of the program. The press release will be given to Health Promotion Champions at the *Wellness Champion Training* workshop.
 - Implement at least six communications to employees promoting the *Anthem 24NurseLine* and four other *Anthem Health* communications during the coming year.
- Work with LGRMS-HPS to provide a health assessment and resource program using a Health Risk Appraisal with blood pressure screening and health improvement counseling/feedback for all participants. (All data will be confidentially handled by a third-party vendor with only group data available to the city and LGRMS-HPS.) LGRMS-HPS will assist award recipients in the use of individual Health Risk Assessments.
- Implement a Workplace Wellness Policy during the grant year.
- Offer at least two other of several approved health promotion programs to all employees: immunization program (flu shots), self-care training to employees, self-care booklets, cancer screening, CPR/First Aid training, tobacco use reduction program, nutrition programs, stress management programs, etc.
- At the scheduled LGRMS-HPS *Wellness Champion Training* workshop, the designated Health Promotion Champion must complete a Workplace Health Promotion Action Plan to include awareness, communication, prevention programs, behavior change, HIPAA, etc.
- The designated Health Promotion Champion must complete and submit a Mid-Point Check, Year-End Activity Report, and a Grant Requirement Questionnaire on the health promotion activities conducted.
- The Health Promotion Champion must attend at least one other LGRMS-Health Promotion Services Regional Training class during the current grant year.
- Ensure for Interior Face to Face Visits:
 - Guidelines are subject to change based upon the most recent CDC guidance for Events & Gatherings.



Mayor

Administrator/Manager

Designated Health Promotion Champion

Date



GMEBS Life and Health Insurance Fund

The Georgia Municipal Employees Benefit System (GMEBS) Life and Health Insurance Fund is a self-insurance fund administered by GMA. The fund's membership consists of 173 local government entities. The membership may choose from several plan designs including a POS and PPO and HMO plans to give members the flexibility to meet the needs of their employees and available financial resources of the employer. The plan designs vary in deductibles, co-pays and percentages paid by the participant/plan. For information about the GMEBS Life and Health Insurance Fund, contact Ms. Denise Joyce at 678.686.6231 or djoyce@gacities.com.

Local Government Risk Management Services

In 1988, GMA and the Association County Commissioners of Georgia (ACCG) jointly created the Local Government Risk Management Services (LGRMS) to provide safety and loss control services to the risk management fund members of GMA and ACCG. In the year 2000, Health Promotion Services (HPS) was added as an additional service to GMA's health insurance members to help increase employee productivity, increase the knowledge on healthy lifestyles and control health care costs.



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