



**The moment  
their lives changed,  
for the better**

**For Kara**, it was the day they came to check everyone's blood pressure. Hers was much higher than she'd expected.

For Rico, the discussion about managing stress on the job got him thinking.

Sandra knew she was a good cook, but she didn't realize how easy it would be to add flavor while reducing salt and fat.

Rachelle had no idea why her back aches would flare up. Turns out, it had to do with her desk chair. The chair!

For all of them, a moment of their attention brought about a change in their lives.

That "moment" was a workshop, or a screening, or something they saw in a newsletter at work. It revealed something about each one's health – leading them to make an adjustment that brought improvement.

And it happened because the local government they worked for cared enough about them to promote good health.

# What does better health look like in your workplace?

Fewer days out sick, sharper focus, happier dispositions ... these are the signs of healthy people in a healthy workplace.

This is what we help you achieve. We're the team at Local Government Risk Management Services (LGRMS).

A partnership between ACCG and Georgia Municipal Association, LGRMS provides leaders, managers and employees of local governments with a robust portfolio of services to promote good health and wellness.



Here's what we offer:

**Designated field representatives.** Your single point of contact for all of the ways we help you promote good health.

**Grants to support your programs.** Your plans to promote health and well-being in the workplace can qualify for funding assistance.

**Analysis and planning.** Starting with an audit of your workplace health, then continuing through an improvement plan, wellness guidelines and onsite activities.

**Training.** In-person and online sessions with your team (see the next page for topics we cover). Includes the annual "Health Promotion Champion" training series.

**Communications.** A wealth of good health knowledge, provided through literature, online resources, poster campaigns and more.

**Fairs and screenings.** Held at your workplace, giving your employees quick access to information and consultations with professionals.

## Who's eligible

If your local government has health insurance and/or life insurance benefits provided through ACCG Insurance Programs or GMA, you qualify for all of the services described here.

And: If your workers' comp or property and liability coverage is provided by ACCG Insurance Programs (or by GMA), you can take advantage of our many risk management services. See our companion piece, *The Terrible Thing That Never Happened*.

**LOSS CONTROL FROM ACCG INSURANCE**

**Thursday morning:** Hank studies the floorplan of the boiler room, mapping out his maintenance list for the day.

Coffee in hand, Deputies Jackson and Matthews climb into their patrol car.

Stinky, head of accounting, jogs notes for interviews with Press potential employees.

The five-person crew makes their way down the road in the rain, on their way to repair the first of several traffic signals.

For each of them... something terrible was about to happen.

But they didn't. Their misfortune - the truck loader that toppled, the loose air in the tight space, the improper comments spoken in the interview - was kept waiting, until it disappeared.

That's because all of the employees were prepared.

They'd been advised, served and guided by their expert partners whose job is to lower risk in local government - by preventing the unfortunate and unwelcome from happening at all.

**ACCG Insurance**

**The story of the terrible thing that never happened**

# Workshops and training for better health and wellness.

If your local government has healthcare coverage through ACCG or GMA, you qualify for these and other workshops and training programs at no cost to you.



**High-Impact Champion Training.** Designed specifically for program leaders and teams. This series of workshops – offered around the state – helps you plan and execute health and wellness programs. It also shows you how to connect with community resources.



**Life lived healthy.** An array of topics oriented around nutrition and physical activity. Your people will enjoy engaging sessions such as “Weight Gain Shockers,” “Be Active Your Way” and “The Elusive Metabolism Boost.”



**On solid emotional ground.** An exploration of issues to promote positive mental health. A dozen workshops cover timely topics like “Stress Management,” “Surviving the Holidays,” “Work-Life Balance” and “What’s Holding You Back?”



**In good general health.** For getting to the heart of different conditions and ailments. Among the workshops: “Substance Abuse,” “Understanding Diabetes,” “Heart Smart” and “How to Age Gracefully.”



**Wellness in the workplace.** Because so much time is spent in the office and out in the community. Helpful topics covered include “A Guide to Back Injury Prevention,” “Working in Hot and Cold Environments,” “Exercise at Your Desk” and “Team Building Opportunities.”

[Get the complete list of Prevention and Health Education Trainings >](#)



## Let’s talk about loss control for your local government

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