

**September 3, 2013**  
*PRESS RELEASE*  
FOR IMMEDIATE DISTRIBUTION

CONTACT:  
COUNTY MANAGER WILLIAM P. WILSON, JR.  
(770) 467-4233

---

---

## **SPALDING COUNTY RECEIVES HEALTH PROMOTION & WELLNESS INCENTIVE GRANT**

Spalding County has been selected by the Association County Commissioners of Georgia's (ACCG) Group Health Benefits Program (GHBP) to receive one of 49 Employee Health Promotion & Wellness Incentive Grants awarded statewide to promote worksite programs designed to enhance the health of County employees and family members.

Awards are made to members of the ACCG – Group Health Benefits Program (GHBP), underwritten by Blue Cross/Blue Shield of Georgia, based on a County's commitment to employee health and demonstrated collaboration with other community groups and organizations engaged in health promotion.

As part of the grant process, the county designated a Health Promotion Leader to develop a workplace health promotion action plan and to attend the High Impact Health Promotion & Wellness training class offered by Local Government Risk Management Services.

Wellness programs have a demonstrated track record of improving employee health and quality of life while reducing medical claims and improving workplace morale. The ACCG offers wellness services to all member counties through LGRMS, a not-for-profit agency operated jointly with the Georgia Municipal Association.

Employees will be offered a confidential health assessment program using a Health Risk Appraisal, with blood pressure screening and health improvement feedback. County Commission Chairman Gwen Flowers-Taylor expressed her appreciation, noting "A successful wellness program is designed to encourage healthy lifestyles, which helps to control health care costs and contribute to a happier, more productive workforce. Wellness programs greatly benefit employees, their families and the employer – everyone benefits."

The ACCG – GHBP is available to all Association County Commissioners of Georgia members. Currently, 104 counties and authorities participate in the health plan. All counties and authorities participating in the health plan, and all are eligible to apply for the Health Promotion and Wellness Grants on an annual basis. The ACCG is pleased to support Spalding County in this important endeavor.

# # #