

STAFF REPORT

AGENDA ITEM #: 18-21
COUNCIL MTG OF: February 6, 2018
FROM: Elizabeth Robidoux, Planning & Economic Development Assistant
OFFERED BY: Planning Department
PREPARED BY: Elizabeth Robidoux, Wellness Coordinator
SUBJECT: 2018 HealthTrust Wellness Grant

INTRODUCTION

The request is to accept the 2018 Wellness Grant offered by HealthTrust and to approve the expenditure of the funds on employee wellness programs, as initiated by the Wellness Coordinator.

TOWN ADMINISTRATOR COMMENTS

The Council is encouraged to adopt Resolution #2018-009.

BACKGROUND

The Town of Derry continues to participate in HealthTrust's Wellness Coordinator Program. Each year, HealthTrust awards a Coordinator Grant in the amount of \$500.00 to be spent on programs that raise awareness of physical activity, social, physical and mental health of the employees and their families. Examples of programs provided in the past include the Stair Climb Challenge, Wall Squat Challenge, a Plank Off, Reiki Relaxation Sessions, Maintain Don't Gain, Fresh Fruit Friday, Wellness Bingo, Couch to 5K, and many others. For 2018, the Town has received an additional \$100.00 incentive from HealthTrust as the town surpassed its Health Assessment goal.

DISCUSSION

The specific use of the \$600.00 award is determined by the Wellness Coordinator and is typically used to fund any expenses of the programs and initiatives. The programs provided by the Wellness Coordinator, under the auspices of this grant are available to all employees of the Town of Derry and not just those who are enrolled in the town's insurance program.

FISCAL IMPACT

The Town of Derry operating budget will not be impacted by the receipt or expenditure of these funds.

RECOMMENDED ACTION BY COUNCIL

It is recommended the Derry Town Council approves receipt and expenditure of the 2018 Wellness Grant.

RECOMMENDED MOTION

Please see Resolution #2018-009