

STAFF REPORT

AGENDA ITEM #: 19-12
COUNCIL MTG OF: February 19, 2019
FROM: Elizabeth Robidoux, Planning & Economic Development Assistant
OFFERED BY: Planning Department
PREPARED BY: Elizabeth Robidoux, Wellness Coordinator
SUBJECT: 2019 HealthTrust Wellness Grant

INTRODUCTION

The request is to accept the 2019 Wellness Grant offered by HealthTrust and to approve the expenditure of the funds on employee wellness programs, as initiated by the Wellness Coordinators.

TOWN ADMINISTRATOR COMMENTS

The Council is encouraged to adopt Resolution #2019-004.

BACKGROUND

The Town of Derry continues to participate in HealthTrust's Wellness Coordinator Program. This year, HealthTrust awarded a Coordinator Grant in the amount of **\$1,000.00** to be spent on programs that raise awareness of physical activity, social, physical and mental health of the employees and their families. This is an increase; last year the Town was awarded \$500.00. Examples of programs provided in the past include the Stair Climb Challenge, Wall Squat Challenge, a Plank Off, Maintain Don't Gain, Fresh Fruit Friday, Wellness Bingo, Couch to 5K, and many others.

DISCUSSION

The specific use of the \$1,000.00 award is determined by the Wellness Coordinators and is typically used to fund any expenses of the programs and initiatives. The programs provided by the Wellness Coordinators, 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 2019 Wellness Grant.

RECOMMENDED MOTION

Please see Resolution #2019-004.

