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## **City recognized with a Worksite Health Award**

July 11, 2013 - Rhode Island

I am pleased to announce that the city's ongoing efforts to improve the overall health of our employees were recently recognized with a Worksite Health Award in the Superior category by Blue Cross & Blue Shield of Rhode Island (BCBSRI) and the Greater Providence Chamber of Commerce (GPCC). The two organizations partner to present awards annually.

BCBSRI and the GPCC distributed Worksite Health Awards to 75 Rhode Island companies at a recent breakfast ceremony, where several hundred members of the business community gathered to celebrate their shared efforts to promote and provide healthier workplaces. The organizations designed the event specifically to pay tribute to Rhode Island companies and their employees who have demonstrated an understanding of the value of health and fitness through the creation and implementation of worksite wellness programs.

Our programs include a written wellness plan and mission statement and printed materials available in all municipal departments. An employee survey was also offered to determine what other wellness initiatives might be helpful. Blood pressure monitoring, time off for cancer screenings, CPR and first aid classes, diabetes management, exercise classes, glucose screening, nutrition coaching, weight and stress management seminars, smoking cessation and flu clinics are among the numerous programs offered.

A recent Employee Health Fair was attended by roughly 200 employees, who took advantage of the opportunity to check their BMI, have blood pressure and glucose screenings, and speak with representatives of a number of local organizations, including Kent Hospital, an area yoga and wellness center, and groups offering support for patients and caregivers of those afflicted with terminal or chronic health issues. Nutritional information and the opportunity to speak with a BCBSRI representative were also offered. Participants who visited four or more booths earned credit toward our employee wellness incentive program.

These programs, along with cancer screenings and worksite outreach, immunization clinics, stress management seminars and more, give us many opportunities to help our employees take proactive steps both to improve their health and to lead healthier lives going forward. We are pleased that these efforts have been recognized, and remain committed to offering these services well into the future.

Scott Avedisian is the mayor of Warwick and the chairman of the RIPTA board of directors.

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