

RIVERDALE PARK



Workplace Wellness

Workplace Wellness Program

The Town of Riverdale Park, Maryland has instituted an employee wellness program that includes gym corporate sponsorship for employees, the purchase of materials for employee promotions, and incentives. The program includes flu shots for employees, programs focused on weight loss and stress reduction, health risk assessments, health screenings, and a healthy snack wall available to employees. There are also exercise programs and nutrition education, as well as subsidized gym memberships. With the Health and Wellness Program first established in the fiscal year 2018 budget, TRP continued this program and spent \$8,248 for this program in the [fiscal year 2019](#) TRP. These funds will be used to improve the health and productivity of employees and potentially reduce overall costs for employer-provided health care.

Employee Wellness Fund

The Town also participates in a program called the Employee Wellness Fund with Health Care Cooperative, which results in a portion of the annual premium being refunded to the Town. These premium refunds can offset any future premium increases. In 2020, the Town received a rebate of \$44,422. Because the Town's FY 2021 budget has taken into account this refund, employees' portion of the premium will not increase in 2021.

Safety Committee

Beginning in FY 2021 (July 1, 2020), the Town will enhance and expand the Safety Committee goals to include health and wellness topics. In 2019, the Town appointed an Employee Safety Committee (ESC). The ESC is part of the Safety Team. All employees are members of the Safety Team. The ESC conducts safety audits to identify unsafe acts and conditions. The ESC also implements safety training and seeks to involve all staff in safety activities and practices. The ESC will continue to build upon the objectives which include worker's compensation, disability insurance, the pension plan, and associated costs and implement safety surveys and inspections throughout the Town's operations.

Employee Flu Shot Clinic

In the past the Town has held an employee flu shot clinic once a year at Town Hall. Employees would schedule appointments to meet with a representative from a local pharmacy (RiteAid) to receive their flu shot. The Town provided a gift card as an incentive. Over the last couple of years this event has transitioned to a program where employees can get a flu shot at their location of choice during a specified time period. The Town still provides a gift card as an incentive. Please find a flyer attached.

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Everything Events

Everything Events are held monthly throughout the year and are a time for the staff team to come together to recognize birthdays, anniversaries, and accomplishments. Staff are also recognized for exceptional contributions. Everything Events were held at Town Hall however, due to COVID-19, we have continued them as virtual events.



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Several Town employees established a walking club in 2019 and were recognized with a certificate and FitBit.



All employees were encouraged to take part in the Walking Club or establish their own healthy activity.



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Cigna Meeting

The Town's insurance provider, Cigna, met with Town staff at Town Hall in 2019 to discuss ways to stay healthy to include diet/nutrition plans, wellness screenings, smoking cessation, stress management, etc. They also provided an overview of the support services available to staff. The Office of Employee Services plans to make this an annual event for staff. Please find the event flyer attached.

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Employee Health & Wellness

HEALTHY EATING ACTIVE LIVING TOBACCO FREE LIVING REPRODUCTIVE HEALTH MENTAL HEALTH PHYSICAL ACTIVITY PREVENTIVE CARE CHRONIC DISEASE MANAGEMENT INJURY PREVENTION SUBSTANCE USE

**TRP EMPLOYEE WELLNESS NOW SERIES
PART 1- LET'S TALK ABOUT HEALTH
CIGNA AND THE BENECON GROUP
WILL BE JOINING US**

- Employee Health Benefits Review
- Benefit Changes and Updates
- New Services Offered by CIGNA
- Preventive Care
- MyCIGNA
- CIGNA Healthy Rewards

**Wednesday, October 23rd
1:00 PM
Town Hall**


RIVERDALE PARK



Dodge Ball

The Riverdale Park Police Department engages with the staff of Riverdale Elementary School each in a dodge ball game. This fun event is typically scheduled at Riverdale Elementary for the first week of school (for teachers) as a team building activity.





TOWN OF RIVERDALE PARK EMPLOYEE FLU SHOT PROGRAM

Get a Flu Shot
and Receive a
\$20.00
Gift Card

WE JUST MADE IT EASIER

September 9th -

December 2nd

2019 Flu Shot Program



You Pick the Place
& Get A Flu Shot



Complete the
Confirmation Form



Pick-up Gift Card
or Donate Gift
Card to the Town's
annual Toy Drive



Town of Riverdale Park

Seasonal Flu Vaccination Confirmation

I hereby certify that I have received the flu vaccine in accordance with Town's Flu Shot Program. I fully understand that this is not a mandatory program but a voluntary program that I am choosing to participate in.

Date vaccine was administered: _____

Print Name: _____

I hereby attest the information above is accurate and correct.

Sign Name: _____

☐ I would like to receive a gift card.

☐ I would like to donate my gift card to the Town's annual Toy Drive.

NO MORE EXCUSES

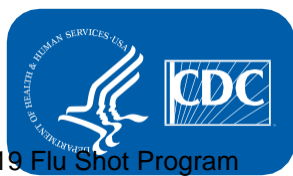
THERE ARE MANY PLACES TO GET YOUR FLU VACCINE.

Anyone can get the flu, and it can be serious. Every year, protect yourself and those around you by getting a flu vaccine.



For more information, visit
<http://www.cdc.gov/flu>

FOR OFFICE USE



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention