

## RMS Wellness Grant Proposal

**Return to:**

Lisa Ervin, Wellness and Health Benefits Administrator  
NCLM Risk Management Services  
308 West Jones Street, Raleigh, NC 27603

**Questions?**

Lisa Ervin (919) 715-7973  
lervin@nclm.org

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Name	Title
Governmental Unit	# of Full Time Employees
Address/City/State/Zip	
Phone Number	Fax Number

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**Please check all that apply and attach a copy of your quote**

<input type="checkbox"/> Health Fair	\$ _____ Requested
<input type="checkbox"/> Educational Speaker or class	\$ _____ Requested
<input type="checkbox"/> Walking program	\$ _____ Requested
<input type="checkbox"/> Lunch 'n learn	\$ _____ Requested
<input type="checkbox"/> Nutrition	\$ _____ Requested
<input type="checkbox"/> Weight control	\$ _____ Requested
<input type="checkbox"/> Fitness instruction or equipment	\$ _____ Requested
<input type="checkbox"/> Team activity	\$ _____ Requested
<input type="checkbox"/> Stress management	\$ _____ Requested
<input type="checkbox"/> Back injury prevention	\$ _____ Requested
<input type="checkbox"/> Health coaching	\$ _____ Requested
<input type="checkbox"/> Certified diabetic educator	\$ _____ Requested
<input type="checkbox"/> On site nurse	\$ _____ Requested
<input type="checkbox"/> Other requests _____	

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Signature \_\_\_\_\_ Date: \_\_\_\_\_

## **RMS Wellness Grant FAQs**

- Programs that typically have a per employee charge include: Weight Watchers, Jenny Craig, wellness screenings vendors that have additional components such as health coaching or a disease risk summary report, etc. Groups are eligible for \$50 per employee with a minimum of \$500 or the cost of event (whichever is lower) and a maximum of \$5,000 per event.
- For activities that do not have a per employee charge, please submit your application with a quote and our wellness committee will review for approval. Examples include but are not limited to: educational speakers, health fairs, fitness equipment, onsite nurse, etc. All reasonable requests will be considered.
- Onsite health screening costs are paid as a wellness claims and submitted to MedCost. They are not paid by wellness grants and will not be considered for approval. Please contact Lisa Ervin (919)715-7973 for more information on how to provide this service to your employees.
- Applications are not considered for groups that indicate they are leaving our medical program on or before May 30 of each fiscal year or group that notify us they are in the process of receiving medical quotes.