



Press Release

For Immediate Release –

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Meritus Health, Park Service Partner for Healthier Kids

HAGERSTOWN – Meritus Health CEO Joseph P. Ross recently helped kick off an innovative new partnership with the National Park Service and C&O Canal National Historical Park to help children and families reconnect with the outdoors and become more active on local trails. The first partnership of its kind in the state, the health system’s Meritus Medical Group primary care practices are participating in a Track Rx program, with providers offering “prescriptions” for outdoor activities and receiving feedback when a Track Rx is used.

“The Track Rx program of Kids in Parks helps connect kids to public lands through a network of kid-friendly trails called TRACK Trails,” explains Peggie Gaul, acting supervisory park ranger at Catoctin Mountain Park. “Each TRACK Trail has self-guided activities designed to make every outing a fun-filled, healthy adventure, while ensuring the future of our parks.”

Kids in Parks TRACK Trails in or near Washington County, Md., can be found in Antietam National Battlefield, the C&O Canal National Historical Park, Catoctin Mountain Park, Monocacy National Battlefield and Harpers Ferry National Historical Park in West Virginia.

“Families begin their journeys when they receive a ‘prescription’ from one of our Meritus Medical Group providers, encouraging them to fill it with an outdoor activity in nature,” says Mr. Ross. “From there, they find a Kids in Parks TRACK Trail, go on an adventure and then go online to KidsInParks.com to track their hikes and earn free prizes. The goal is to get kids unplugged, outdoors and moving!”

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