



*WeightWatchers
Campaign*

Staying Motivated

Once you have decided to make changes to your lifestyle, it's sometimes hard to keep going! Here are some resources on the Web that may help:

State Employee Assistance Program
www.dhrm.virginia.gov

Dental Care
www.deltadentalva.com

Virginia Department of Health
www.vdh.virginia.gov

American Cancer Society
www.cancer.org

American Heart Association
www.americanheart.org

American Diabetes Association
www.diabetes.org

Mayo Clinic
www.mayoclinic.com

“I am elated that the State has offered its employees these wonderful options to stay healthy!”

— VDOT employee



Visit our Web site at
www.commonhealth.virginia.gov

*CommonHealth is administered by the
Virginia Department of Human Resource Management.*

Virginia Department of Human Resource Management

101 N. 14th Street, 12th Floor
Richmond, Virginia 23219
www.dhrm.virginia.gov



The Commonwealth of Virginia

Employee Wellness Program



*CommonHealth is open to all
state employees with some restrictions.*

Getting Started with CommonHealth

More than 500 state agency locations have active CommonHealth programs. Contact your CommonHealth Coordinator to see if your agency participates and how you can get or stay healthy. Visit the CommonHealth Web site for a list of programs or see your agency's CommonHealth coordinator.



CommonHealth Offers:

- **Programs for better health** delivered to you, wherever you are and in a format that's best for you. It's easy to learn about healthy topics from how to block harmful sun rays and reduce stress to the benefits of participating in group walks or better dental hygiene. You can watch a DVD, go to a learning station at work or access the Commonwealth of Virginia Knowledge Center for information.
- **Access to discounts at fitness centers** in your area. Simply visit the CommonHealth Web site for a list by region.
- **The *Compass* monthly newsletter**, packed with health news you can use and recipes to share with family and friends.
- **Weight Watchers** at work, home, in the community and online, with half the fee reimbursed for employees who meet program requirements.
- **Special programs**, like brown bag lunches and speakers, to suit state agency needs.



CommonHealth Can Help You Make Changes:

- **Get health screenings where you work** – You may participate in free voluntary onsite screenings for total cholesterol, HDL (good) cholesterol, diabetes, blood pressure and BMI (Body Mass Index).
- **Take steps to have a healthy baby** - If you are a parent-to-be, the Commonwealth's prenatal care program provides the support you need to promote a healthy pregnancy and have a healthy baby. To learn more, call your health plan's toll-free number. Visit the CommonHealth Web site for details.
- **Be smoke free for life** - The *Quit for Life* program supports your efforts to quit using tobacco and stay quit. Up to an 8-week supply of nicotine patches or gum will be sent to you at no cost. To enroll, call 1-866-784-8454.

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“I was able to quit smoking after 29 years with the help of the *Quit for Life* program!”

— Virginia Worker's Compensation Commission employee
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