

Wellness Partners

For employees enrolled in a state health insurance plan, additional resources are available from MyActiveHealth.



Healthy Insights

Condition Care for Type 2 Diabetes, Hypertension, Asthma and COPD

Healthy Lifestyles

Health Coaching

Healthy Beginnings

Maternity Management

For additional information on these programs and Premium Rewards log onto **MyActiveHealth.com/COVA** or call **866-938-0349**



Discounted rates are available and 50% of program fees may be reimbursable for employees who meet program requirements.

For more information go to <http://www.dhrm.virginia.gov/employeeprograms/weightwatchers>

Get Involved

More than 500 state agency locations participate in CommonHealth. To get started or schedule programs, visit our web site for more information and contact the Regional Coordinator serving your area.

Regional Coordinators

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For State Employees

Employee Wellness Program



Working Well since 1986

www.commonhealth.virginia.gov



Administered by the Virginia Department of
Human Resource Management

Programs For A Healthier You

We bring wellness to your workplace with engaging presentations, informative displays, fun activities and challenges that cover a variety of health topics including:

- Stress
- Fitness
- Nutrition
- Sleep
- Diabetes
- Aging
- Ergonomics
- Joint health
- Weight control
- Safety
- Self-care and much more

Visit our website

www.commonhealth.virginia.gov
for a complete program listing and additional details.



Your regional coordinator will custom fit programs to meet your needs. Include CommonHealth at staff meetings, special events, benefits fairs, breaks and other convenient times to make participation easy.



Questions or comments?
Reach us at
wellness@dhrm.virginia.gov

Communications



Weekly Wellnotes cover a wide variety of timely health and wellness topics. Wellnotes offer quick and easy tips and are a favorite of many employees.

The Compass newsletter is packed with health news you can use and recipes to share. Delivered electronically and available on our website.

Join our **Wellness Wednesday Community** to receive targeted information on specific health topics.

Like us on Facebook
CommonHealthVA



YouTube
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CommonHealth of Virginia

Agency Worksite Certification

CommonHealth Worksite Certified agencies create cultures of health through policies and programs, managerial support and innovative ideas that further the mission of employee wellness in the Commonwealth.



If your agency is leading the way in workplace wellness, let us know. To apply for certification, contact your regional coordinator or visit our website for details.



Our **Wellness Champion Award** recognizes individual efforts to create healthier workplaces. Nominees and their stories are featured on our website.