



## IMPORTANT NUMBERS

Know someone who wants to quit smoking? Is having a baby? Is stressed over family and job demands?

Here are some phone numbers to resources that can help:

**Quit Smoking:**

**Quit For Life**  
1-800-456-2345

**Pregnancy**

**COVA Care Future Moms:**  
1-800-345-1234

**COVA Connect Partners in Pregnancy:**  
1-866-239-0618

**Employee Assistance**  
[www.dhrm.virginia.gov](http://www.dhrm.virginia.gov)  
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# Inside CommonHealth

VOLUME 5 ISSUE 11, DECEMBER 2010



## Home Safe Home

February 1 — May 30

When you leave home for more than just a day at work, do you have a to-do list to make your home safe? If a fire were to break out in your house tonight, are you confident that you would know how to get out and where to meet family members? When was the last time you emptied your pantry and refrigerator to make sure all your food is safe to eat?

Most of us would agree that there is no place quite like home. Home is where we retreat after a long day at work to relax, unwind, replenish our bodies nutritionally, and get some much needed sleep. But, are we sure that our homes are as safe as possible?

CommonHealth's **Home Safe Home** program looks at vital areas of home safety, including:

- \* Fire Prevention
- \* Home Maintenance and Fall Prevention
- \* Food Safety
- \* Disaster Preparation
- \* Keeping your home safe while you are away

By following the tips and suggestions learned in the program, you can help assure that your home sweet home is a safe one, too!!

Participants will receive an incentive!

Contact your Regional Coordinator soon to schedule the **Home Safe Home** program. Visit [www.commonhealth.virginia.gov](http://www.commonhealth.virginia.gov) for program information and resources.

## It's Back... the Governor's Weight Loss Challenge 2011

Last year, Commonwealth employees lost 18,000 during the Governor's Challenge. Since it was so successful, CommonHealth invites you to get ready for the 2011 Governor's Weight Loss Challenge! This year's challenge will be even bigger and better than last year. We have even improved the online team tracking system to be easier and more user-friendly!

**Keep in mind the following dates:**

**January 3-14:** Registration at [www.commonhealth.virginia.gov](http://www.commonhealth.virginia.gov)

**January 17:** Challenge begins

**January 21:** First weigh-in

**April 8:** Final weigh-in

### The Basics:

- Each team will need a captain, who will be responsible for gathering/entering the data weekly.
- Be creative with your team name, but please remember exactly what it is!
- Any size team is welcome—even singles can join the Challenge!
- The goal is to lose 10 pounds in 12 weeks—you know you can do it!

**Remember, the biggest loser is actually the biggest winner!**

# Inside CommonHealth

## *CommonHealth Team Grows*

One weekend in October brought 2 new additions to the CommonHealth team! Skyler Katherine Perry was born to Susan Perry on October 23, and Kristi Fischbach delivered Maeja Grayce Fischbach the next day, October 24! Both moms and babies are doing well and enjoying getting to know each other! Susan is the Regional Coordinator for the Roanoke area, including the NRV, Danville, and Martinsville. Kristi serves the Charlottesville area, including Lexington and Lynchburg. Both have returned to work on December 6, 2010. Additionally, Amy Moore, who coordinates for the NOVA region, is expecting a baby boy due around February 10, 2011.



Skyler was born weighing 7 pounds., 8.3 ounces and measuring 20 inches.



Maeja weighed in at 8 pounds, 3 ounces and 19.5 inches

While we're on the subject of moms and babies, what do you know about the Preparing for Parenthood programs: Future Moms (Anthem) and Partners in Pregnancy (Optima)? Be sure to spread the word to employees as it is a great benefit financially as well as for piece of mind! Check out <http://www.commonhealth.virginia.gov/futuremoms.htm> for details.

## *CommonHealth is on Facebook: Are You a Fan Yet?*

Become a FAN of CommonHealth. It is an informal place to share health and wellness ideas and tips.

## *Times, They Are a Changing*

The CommonHealth team listens! We will be going to a three program year as opposed to the previous four. Many Agency Coordinators have commented how challenging it can be to get everyone together for a program so often due to schedule conflicts and time "shortages." Additionally, more agencies are becoming active participants in the program, so this will allow us to better serve the agencies desiring live programs. Since we also do all of our own program development, this will also give us adequate time to customize it to the needs of the participating employees.

## *Program Manager Notes*

I hope you had an opportunity to attend one of our Agency Coordinator meetings. These gatherings provide valuable networking and great information. In December, we had fire chiefs speak on fire safety at home and at work. They were so informative! Our next set of meetings will be in June and we will have someone from DMV who will speak on driver safety. My hope is that you will come away from the meeting feeling as though you got more than just lunch, but also knowledge that will improve and possibly save your life.

CommonHealth has had a great year , and we have **you** to thank for it! We started with Bob Harper and the Governor's Challenge and we've finished with a very successful **Take a Break** program. Onward and upward in 2011!

*Rose O'Toole*

