



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:

Free and Clear  
1-800-456-2345

### Pregnancy

Future Moms  
1-800-345-1234

### Employee Assistance

COVA Care EAP  
1-866-725-0602

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# Inside CommonHealth

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## Enjoy Eating

Most of us love to eat, but do we really pay attention when we do it? How many of us eat quickly or while we watch TV, read or work at our desks? This quarter's program doesn't focus on *WHAT* we eat, but *HOW* we eat.

Program participants will be encouraged to sit down, chew slowly and take some time to eat. All too many of us are shoveling food on our forks for the next bite before we've finished the one in our mouths! 'Shoveling' makes us eat more and - guess what - put on pounds.

Enjoying eating will help stop unintended weight gain. Join us for this quarter's program to learn how to *Enjoy Eating!*

*Regional Coordinators will present or the video will be available on the website July 1st.*

## Introducing Our New Web site

[www.commonhealth.virginia.gov](http://www.commonhealth.virginia.gov)

Our new CommonHealth Web site kicks off on July 1, 2008, and promises to have more information and resources for state employees. The new site will be easier to navigate, with new links and stories from employees who share their health successes. There will be information about the current program and links to other CommonHealth offerings. The page will also provide an easy way to contact your regional coordinator. In addition, the page will feature a link to the CommonHealth Web site for The Local Choice groups.



As a reminder to *Enjoy Eating*, participants will receive an insulated lunch bag with a bottom compartment to keep drinks and veggies cold.

# Inside CommonHealth



## *CommonHealth is going **Green!***

In order to save some trees, we will not be printing the Compass for State employees. We were printing almost 100,000 copies of the multi page Compass and in a survey many AC's mentioned having trouble distributing them. Instead we will send it to you, the Agency Coordinators and you can distribute it as you see fit. The new Compass can be e-mailed to employees or you may print copies for employees that don't have access. This will allow the Compass to be e-mailed and distributed to employees that are never on campus or don't have time to view a paper copy while they are working. Also, Weekly Wellness emails will begin on July 1st. Post them or distribute to your fellow employees.

## *Quit for Life*

Beginning July 1, the Quit For Life Program will be offered to help all eligible employees, spouses, retirees, and dependents over the age of 18, quit tobacco for life.

The Quit For Life Program includes:

- Unlimited access to one-on-one telephone counseling with a professional Quit Coach®
- Free Nicotine replacement therapy such as the patch or gum
- Support to access prescription medications such as BupropionSR or Chantix
- Quit materials to help you during your journey

## *Health Checks*



CommonHealth offers free health checks every two years for all State and Local Choice groups. If your group or agency had their health check before September 2006 please contact CommonHealth at [wellness@dhrm.virginia.gov](mailto:wellness@dhrm.virginia.gov). There are some changes in health checks:

- No health risk assessment required to participate
- After August 2008, employees will be able to make appointments online, complete with an online reminder just before their appointment.
- Offered at no cost

## *Program Manager Notes*

*Thank you for the tremendous support you have shown during this transition. It has been busy, but we have a program, incentives, Web site, Compass, Future Moms, tobacco cessation and a soon-to-be staff. We also have an Advisory committee that is providing ideas to move us forward. We welcome any suggestions from Agency Coordinators as well as employees.*

*Thank you again,*

*Rose O'Toole*

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