



**IMPORTANT NUMBERS**

Know someone who wants to quit smoking, dipping, or chewing tobacco? Is having a baby? Is stressed over family and job demands?

Here are some phone numbers to resources that can help:

**Quit Tobacco:**

**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)  
Employee Programs

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# Inside CommonHealth

VOLUME 7 ISSUE 2, NOVEMBER 2012



## *Growing Younger: Healthier at Any Age*

No matter where we live, what type of work we do, and how well we take care of ourselves, we are all getting older. Wouldn't you love to

enhance the quality of your life as well as the quantity? Considering that the average age of state workers in Virginia is 47 years, almost 29% of the state's workforce is 55 or older, and many of us have older family members, this topic is important to EVERY one of us!

There is nothing that beats living well for keeping yourself in the optimal condition for making the most of your life and the lives of your loved ones. We all want to look and feel our best, regardless of how old we are, but we can get caught up in the latest anti-aging craze or find ourselves looking for a quick fix to turn back the clock. Sometimes we may settle for aches and pains or a chronic condition that we can avoid or improve, just because we feel like that is what happens as you get older.

With **Growing Younger**, CommonHealth will identify those areas where we as individuals and families can take action to slow down our physical and mental aging while our chronological age continues to climb. Focusing on exercise, good nutrition, staying mentally sharp, expanding your community, increasing joy, kicking tobacco, and issues of caregiving, this program is designed to help you plan for the future, no matter how old you are today.

**Growing Younger: Healthier at Any Age** will be available from November 1, 2012 – February 28, 2013. Contact your CommonHealth Regional Coordinator today to schedule. Program participants will receive a colorful, informational booklet with information and activities to assist you in living a healthier life, regardless of your current age (while supplies last).

### *Calling All Agency Coordinators*

Our next Agency Coordinator meetings will be in December. We will use the meeting to highlight our Growing Younger program, updates to the CommonHealth benefit program, and provide tips to minimize holiday stress. Of course, we will make the meeting fun and informational, but better yet, it will be rewarding. We will take some time to thank you for doing all that you do! Don't forget...you may even win a door prize!

Coordinator	Date	Time	Location
Susan Perry	12/6/12	10am-1pm	Fishburn Hall, VA Western Community College, Roanoke
Suzanne Meador	12/13/12	10:30am-1pm	DSS Office, Abingdon
Amy Moore	12/5/12	10:30am-1pm	Fauquier Health Wellness Center, Warrenton
Cindy Duncan	12/6/12	10am	DCSE, Virginia Beach
Rose O'Toole	12/4/12	11:00am	J Sargent Reynolds, East Parham Rd, Richmond
Mary Louise Gerdes	12/7/12	10am-noon	Thomas Nelson Community College Williamsburg Campus
Craig Hicken, Kristi Fischbach & Sharon Buckner	12/4/12	10am-noon	Department of Forestry, Charlottesville

# Inside CommonHealth



## Welcome Back, Rose O'Toole!

Rose O'Toole has returned to serve the greater Richmond area as the CommonHealth Regional Coordinator. Please be sure to contact her (804.356.4916) to schedule your next program in this area!

## New Addition to CommonHealth Family!

Kristi Fischbach, the Regional Coordinator for central VA, and her family welcomed baby Will on August 31, 2012. He weighed in at 8 pounds 4 ounces and 20.5 inches long. Kristi's experience with Future Moms was fabulous—supportive nurses and great follow up care.



## Who Is Eligible?

Most employees qualify for CommonHealth programs, except student employees and contractors. "Covered" spouses and family members may also participate in our informational programs. Many people also have questions about Weight Watchers eligibility, so please see the chart below to determine eligibility. Retirees are not eligible for Weight Watchers.

Weight Watchers Benefit	All Employees	Employees Eligible for State Health Coverage	Spouse and Adult Family Members	Retirees
Receiving state pricing and extras such as online E-Tools.	X	X	X	
Attend at-work meetings	X	X		
Attend community meetings	X	X	X	
Monthly pass for community meetings	X	X	X	
Participate in online program	X	X	X	
Reimbursed for 50% of cost of services		X		

## Growing Lighter Challenge

Once again, we will kick off the new year, 2013, with a weight loss challenge. Many people say they want to lose weight, commit to it—challenge yourself! There are many health reasons why you should lose weight, even if you are just a little overweight: losing just 7-10% of your body weight decreases your risk levels for several health issues. Encourage your staff to participate; be sure everyone knows how to register and participate (online or on paper). You may even have mini competitions or encourage the use of light and healthy snacks. Keep your ears open for more details from your regional coordinator.

## Program Notes

The *It's Your Move* program wraps up on October 31. This highly successful program provided information about Type II diabetes and challenged employees to lose weight and exercise more. Diabetes is one of the top 5 diseases impacting state employees. Starting November 1, we have another innovative program called **Growing Younger**. We are all getting older, but there are many techniques and new ideas on how to keep our minds and bodies engaged while getting healthier. Explore ways to Grow Younger everyday with this new program.

## The CommonHealth Team

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