



## 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 resources that can help:

Healthy Lifestyles

Quit Tobacco  
Diet/Nutrition

Healthy Beginnings  
Pregnancy

866-938-0349

Employee Assistance:  
[www.dhrm.virginia.gov](http://www.dhrm.virginia.gov)  
Employee Programs  
Anthem: 800-346-5484  
855-223-9277

Aetna: 888-238-6232  
Kaiser: 866-517-7042

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## EMPLOYEE HEALTH & FITNESS EVENTS

## PROGRAM NOTES



# Inside CommonHealth

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## THINK ABOUT IT!

Keeping your brain healthy is easy. It involves living intentionally and caring for your brain and your body, every day. From what foods to eat, how trying something new is good for you and even how to recognize a concussion, we have it all. Keep your most important asset safe and take a few minutes to **Think About It**.

Join CommonHealth and **Think About It** starting on July 5, 2017. We will present this campaign to your employees in a fun and knowledgeable way. A few minutes at the start of a staff meeting, conferences or even small groups, we are here to help. Contact your CommonHealth Regional Coordinator or visit our website at [www.CommonHealth.virginia.gov](http://www.CommonHealth.virginia.gov) for additional information.

## AC Earns Governor's Workplace Health, Wellness and Safety Award



Smita Jain practices the healthy lifestyle she promotes. At the Division of Consolidated Laboratory Services (DCLS) of the Department of General Services, she is considered a champion to remind and encourage staff to be safer and healthier. It is easy to get caught up with the day-to-day tasks of the workday and fail to focus on ergonomics, moving more, eating better and taking time away from stress to meditate. Ms. Jain is a passionate advocate for better health. A scientist by profession, Ms. Jain has served for three years as a volunteer coordinator for the CommonHealth employee wellness program at DCLS. Ms. Jain helps fulfill the division's mission to "promote a healthier world through quality laboratory service" internally to the DLS staff. She has introduced numerous programs to the laboratory, ranging from relieving stress, hypnosis and Chakra Balancing, to the Governor's "Walk the Skyline" walking challenge, weekly e-mails and weekly meditation sessions. Through her efforts, DLCS in 2015 received a CommonHealth Wellness Workplace Award from the Governor and Secretary of Administration.

*Congratulations*

## You Can Help—Your Ideas Count!



Let us know what you (and your staff) would like to learn more about, and we can use the suggestions for Wellnotes or even upcoming campaigns. If you have an area of expertise that you would like to share, let us know! If your agency would like to partner with CommonHealth, let us know how we can collaborate!

# Inside CommonHealth

## Employee Health and Fitness Events

Many agencies got involved to raise awareness and engagement in employee health and fitness during the month of May! Thanks to all of you who organized, coordinated, or participated in any of the great events.



DJJ in Alexandria-1-mile walk on May 8



District 41 P&P volunteered at the Area 25 Special Olympics



DARS in Hampton is all smiles on their walk



Penninsula VDH walked indoors with a Lesley Sansone walking video to beat bad weather.



Hampton Health District out for a walk on a beautiful day.



VDH Manassass walked and picked up trash along the way!



Norfolk DDS's Walk Out Wednesday



DBVI Staunton used the trail at WWRC.



Patrick Henry Community College got employees moving all over campus with a geocache challenge. (below)



DCSE walked in VA Beach



DBVI in Richmond

## Program Notes

The **Focus on Fiber** campaign ends on June 30, 2017. This will help you see that fiber is a superstar and how to incorporate more into your daily intake. We look forward to seeing you for **Think About It**, which will help you keep your brain healthy and safe.

Sincerely,  
The CommonHealth Team



Like us on Facebook to get quick tips and great info!

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