



CommonHealth
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
Employee Programs
Anthem: 800-346-5484
855-223-9277
Aetna: 888-238-6232
Kaiser: 866-517-7042

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**WELLNESS
CHAMPIONS**

**COMMONHEALTH
WORKSITE
CERTIFIED**

**COMMONHEALTH
ACADEMY**

PROGRAM NOTES



Inside CommonHealth

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The benefits of our modern and efficient world do not come without a cost. For many of us, that cost is an excessively sedentary lifestyle. With long hours at our desks, commutes and relaxing at home in front of TVs, computers, tablets and smartphones, we often spend 8 hours or more sitting each day – that’s more time than most of us spend sleeping!

It may be surprising that the latest research shows that even a dedicated exerciser cannot make up for the negative effects of sitting all day with a daily workout. Inactivity isn’t only expanding our waistlines and draining our energy, it is literally killing us. It’s time to find a better balance between time on our feet and time on our rears.

CommonHealth wants you to MOVE IT VIRGINIA! Don’t just sit, GET FIT! Join us for our latest campaign and learn fun and practical ways to get moving more and living your best!

Contact your Regional Coordinator to schedule an on-site training today and participate in our Get Fit Days on the first Tuesday of each month starting in July.



CommonHealth Regional Coordinators and the Governor: Justin Byrd, Suzanne Meador, Amy Moore, Cindy Duncan, Craig Hicken, Governor McAuliffe, Rose O’Toole, Sue Perry, Mary Louise Gerdes, and Kristina Fischbach.

A Brief on the Briefing

On April 14, Governor McAuliffe addressed Agency Heads and Cabinet Members regarding the importance of a healthy workforce and the importance of participating in CommonHealth. Other speakers included Secretary of Administration, Nancy Rodrigues, Secretary of Health and Human Services, Dr. William Hazel and DHRM Director, Sara Wilson. Current Wellness Champions and CommonHealth Worksite Certified agencies were recognized at the event. Visit our [YouTube Channel](#) to view highlights.

Inside CommonHealth

Wellness Champions Make Wellness a Priority

There were several nominations for Wellness Champions—of colleagues who inspire others to live their best, help others get through a tough day, and are seen as mentors for eating well or exercising. We would like to congratulate the following four, who were selected as the best and recognized at the Executive Briefing by the Governor:

RoShonda Baines, Department of Social Services, Division of Child Support Enforcement
Rusty Eddins, Department of Aging and Rehabilitative Services, Woodrow Wilson Rehabilitation Center
Kathy Tomlin, Virginia Military Institute
Diane Young, Department of Behavioral Health and Developmental Services, Central Virginia Training Center



We continually accept nominations, so let us know about the Champions in your workplace that make it a healthier place. Check out the [criteria for a Wellness Champion nomination](#) and tell their story by clicking [here](#).

CommonHealth Worksite Certified Agencies Make It Work

Some agencies go above and beyond to make wellness a foundation to their workplace environment. Since employees of the Commonwealth spend a major portion of their waking hours on the job, the workplace culture has a big impact on employee wellbeing. Establishing wellness practices in the work culture and infrastructure can help improve the health and wellbeing of employees and boost productivity, creativity, and retention. We would like to congratulate the following nine recipients of the certification status who were awarded by the Governor on April 14:



Department of Forensic Science, Richmond
Patrick Henry Community College, Martinsville
Virginia Commonwealth University, Richmond
Museum of Natural History, Martinsville

Fort Monroe Authority, Fort Monroe
Southwest Virginia Community College, Richlands
Virginia Military Institute, Lexington

Southside Virginia Community College, John H. Daniels Campus, Keysville

Department of General Services, Division of Consolidated Laboratories, Richmond

If as an Agency Coordinator, you feel your agency makes wellness work, [please check the criteria and apply](#) for certification through our website.

What is CommonHealth Academy?

Our summer AC meetings just stepped it up! This year will be the inaugural year for the CommonHealth Academy, which will gather AC's from around the regions to participate in official training regarding all the new aspects to our CommonHealth program, a benefit for all state employees. Ask your RC about the Academy in your region. As a gift for participating, you will receive a toolkit loaded with resources to make being an AC easier. The CommonHealth Team would like to invite you to attend the Academy this summer. If you cannot make it to the one in your region, please feel free to attend in another area.

Program Notes

The **Breathe Well** campaign ends on June 30, 2015. This session provided tips to help you thrive, even with breathing challenges. We look forward to seeing you for a **Move It Virginia: Don't Sit, Get Fit** session, which will help you improve your health by moving more. Additionally, we hope to see your **certification** application soon, but if you need any assistance in trying to get your agency certification-ready, please contact your RC for tips!

Sincerely,
The CommonHealth Team



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