



Inside CommonHealth

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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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HOW DO YOU
COMMONHEALTH

DARE THEM TO
BE WELL

PROGRAM NOTES



Whether it's an aching shoulder, creaky knee or stiff back, many Virginians are dealing with joint pain each and every day. All too often we assume joint pain is a normal part of aging that is just a part of life that we have to accept.

According to the experts, nothing could be further from the truth. We are used to the body healing itself naturally, but in reality, most people are simply not aware of the many useful techniques available to relieve joint pain and damage.

Starting in July, 2016, CommonHealth will be offering its latest campaign designed to help you GET A GRIP ON JOINT PAIN. Our focus will be to offer you the best strategies to protect your joints. These tips should help you live your life to the fullest by allowing you to participate in the activities that you enjoy the most.

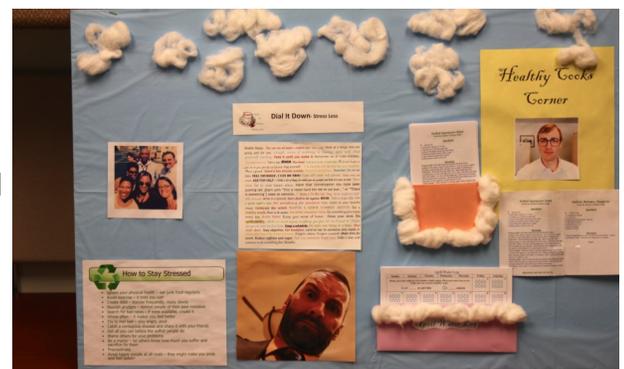
Ask your agency CommonHealth coordinator to schedule an on-site training. Remember to check our website at www.commonhealth.virginia.gov for related videos, resources and past program topics.

Do Wellness, Be Well

Creating a culture of wellness at work can be done by integrating fun, easy, and quick activities that focus on being healthy. There are probably already employees who will step up to help. Different ideas work at different locations, so go ahead and try to find what works for you.

This works for DHCD in Richmond: Each month they hold a coffee break with all staff to discuss new programs and/or agency changes. Before the coffee break AC Wendy Baker presents a poster board, created by a fellow employee, with subjects surrounding CommonHealth's current campaign. Employees create a healthy dish and attendees are offered a small sample of the dish to try so volunteers don't have to feed everyone large portions. The boards are wonderful and the response has been fantastic!

How do you do wellness? What will you try next?



Inside CommonHealth

How Do You CommonHealth?

CommonHealth programs come in different shapes and sizes—just like a giant produce stand! You can choose what works best for your agency. Some agencies like long presentations and even offer employees credit for attending; others include a presentation as part of a staff meeting agenda. For some agencies, employees cannot leave their work area, and “quick presentations” are made in a desk-to-desk manner. A learning station set up in a break room, cafeteria, or other high-traffic areas work well for a number of agencies. VDOT often includes CommonHealth as part of their Safety Picnics and Rodeos. Many agencies like Virginia Tech and DFS in Manassas incorporate CommonHealth as part of staff appreciation events or Virginia Public Service Week events. Rappahannock Community College includes a CommonHealth presentation as part of its fall and spring convocation each year. VDH Peninsula District, Hampton, and Roanoke as well as DARS in Hampton include a CH presentation as part of full staff training meetings. Sometimes, it may take more than one visit to reach staff on unique schedules: some prisons have an A/B day schedule so a visit might need to be done on each of the days to reach more employees. Take your top picks from our stand—choose what works best for your agency. Please think of CommonHealth when you have special events, and let us know what might help reach more of your employees—we are here to help YOU and YOUR EMPLOYEES be healthy!



Dare them to Be Well—Challenge Your Colleagues, I Dare You

A dare can get people engaged and invested—even if only for bragging rights or the pride of completing it! Challenges can be a lot like a dare. The toolkit, found on our [website](#) or on the jump drives provided last summer at the CommonHealth Academies, included a whole section on challenges. They are divided into physical, nutritional, and stress reduction sections. So pick your poison and challenge those around you to follow through with healthy habits like stretching, moving more, overall fitness, eating fruits and vegetables, drinking more water, snacking better, or stressing less. We made it easy for you to implement with quick templates you can print or forward. To get started:

1. Pick your challenge.
2. Pick a time frame.
3. Let everyone know! Print and post, forward, or announce in meetings—whatever works best at your agency!
4. Accept entries, encourage each other.
5. Acknowledge participants and winners!
6. HAVE FUN!

Sometimes, you just have to try something to find out you make the impossible possible!



Program Notes

The **Dial It Down—Stress Less** campaign ends on June 30, 2016. This session encourages participants to lower their stress to decrease the risks for chronic disease. We look forward to seeing you for **Get a Grip on Joint Pain**, which will help you relieve joint pain, and prevent or minimize damage.

Sincerely,
The CommonHealth Team

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



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