

Wellness Partners

For employees enrolled in a local choice health insurance plan, additional resources are available from Anthem.

Future Moms

Future Moms is designed to help women have healthy pregnancies and to reduce the chances of premature birth. Enroll within the first three months of pregnancy to get the most out of the program. You will receive 24/7 access to a pre-natal nurse, childcare



information, post-partum support and may be eligible for reduced copay for delivery.

Call **1-800-828-5891** to enroll.

Quit 4 Life

The *Quit for Life program* is provided at no cost to employees, spouses and dependents over age 18 who are enrolled in a Local Choice health insurance program. A Quit Coach will help you create a personal quitting plan, which may include nicotine replacement patches, gum or covered smoking cessation medication.



Call **1-866-784-8454** to enroll.

Get Involved

Local Choice employers throughout the Commonwealth participate in CommonHealth. To get started or schedule programs, visit our web site for more information or contact the Regional Coordinator for your area.

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For Local Choice Employees

Employee Wellness Program



Working Well since 1986

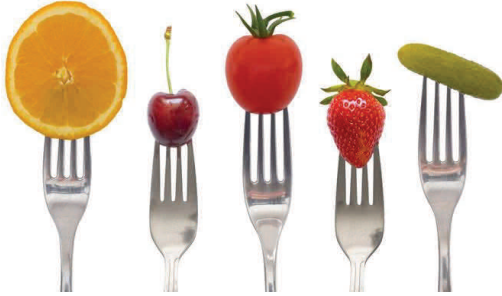
www.commonhealth.virginia.gov



Administered by the Virginia Department of
Human Resource Management

Programs For A Healthier You

We bring wellness to your workplace with engaging presentations and informative displays covering a variety of topics including fitness, nutrition, stress and self-care. Topics change annually.



Visit our website
www.commonhealth.virginia.gov/tlc
for a complete program listing and additional details.



Your regional coordinator will custom fit programs to meet your needs. Include CommonHealth at staff meetings, special events, benefits fairs, breaks and other convenient times to make participation easy.

Questions? Reach us at wellness@dhrm.virginia.gov

Health Check

CommonHealth offers free, confidential health checks every two years. All Local Choice enrollees and their covered adult dependents are eligible to participate.



What is included in a screening?

- Blood Pressure
- Cholesterol
- Diabetes Risk Assessment
- Blood glucose

Why should I be screened?

Screenings may identify previously unknown health risks such as high blood pressure or elevated risk for diabetes. Early detection of health risk is important in preventing chronic disease. If your results point to a health concern, you will be offered educational materials, advised to follow up with your healthcare provider and, a nurse will contact you with additional information.

Communications

Weekly Wellnotes cover a wide variety of timely health and wellness topics. Wellnotes offer quick and easy tips and are a favorite of many employees.

The Compass newsletter is packed with health news you can use and recipes to share. Delivered electronically and available on our website.

Join our **Wellness Wednesday** Community to receive targeted information on specific health topics.



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