

## Programs for Healthier Lifestyles

Anthem BlueCross BlueShield provides several programs to TLC members with a lot of benefits for you. Some of the more popular programs are shown below.



**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.

Call 1-800-828-5891 to enroll. You will receive 24/7 access to a pre-natal nurse, childcare information and post-partum support.

CommonHealth's **Quit for Life** program is provided at no additional cost to employees, spouses and dependents over age 18 who are enrolled in The Local Choice benefits program.



Once you call 1-866-784-8454 to enroll, you will be assigned a *Quit Coach* who will work with you to create a personal quitting plan, which may include nicotine replacement patches, gum or covered smoking cessation drugs. Your *Quit Coach* can help you decide if one of these products will work for you.



CommonHealth is administered by the Virginia Department of Human Resource Management

## Your CommonHealth Wellness Educators

### Kristina Fischbach

*Northwest and Blue Ridge*

Kristina.Fischbach@dhrm.virginia.gov

### Cynthia Duncan

*Tidewater and Eastern Shore*

Cynthia.Duncan@dhrm.virginia.gov

### Justin Byrd

*Central*

Justin.Byrd@dhrm.virginia.gov

### Mary Louise Gerdes

*Williamsburg and Eastern Virginia*

MaryLouise.Gerdes@dhrm.virginia.gov

### Craig Hicken

*Petersburg and South Central*

Craig.Hicken@dhrm.virginia.gov

### Suzanne Meador

*Southwest*

Suzanne.Meador@dhrm.virginia.gov

### Amy Moore

*Northern*

Amy.Moore@dhrm.virginia.gov

### Rose O'Toole

*Richmond and Fredericksburg*

Rose.OTOole@dhrm.virginia.gov

### Susan Perry

*Roanoke & New River Valleys*

Susan.Perry@dhrm.virginia.gov



The Local Choice

# CommonHealth TLC Employee Wellness Programs

Visit us at



[www.commonhealth.virginia.gov/tlc](http://www.commonhealth.virginia.gov/tlc)

*Since 1986 CommonHealth has offered programs in the workplace to The Local Choice agencies to promote wellness and healthy lifestyles.*

## CommonHealth Works For You *We bring Wellness to your workplace*

**Coming soon:**  
**Stress Management**  
**Joints, Bones, and your Back**  
*You can have CommonHealth Your Way*

- Traditional Presentation 15-45 minutes
- Learning Station at a benefits fair, special event, or in a high traffic area
- Include us in your staff meeting agenda or other all-employee event
- Coupon—paper or electronic format
- Video through a web link

TLC groups may also request an alternate program. View previous campaigns at [www.commonhealth.virginia.gov/tlc/pastprograms](http://www.commonhealth.virginia.gov/tlc/pastprograms) and find one that fits your group's needs.

*Note: Original incentives for previous programs may no longer be available—a substitute may be offered.*

### More Resources for TLC members

Like us on Facebook 

Watch great videos on our YouTube channel (Search CommonHealth of Virginia)

Read more about the Employee Assistance Program offerings at [www.commonhealth.virginia.gov/tlc/eap](http://www.commonhealth.virginia.gov/tlc/eap)

Visit The Local Choice homepage at [www.thelocalchoice.virginia.gov](http://www.thelocalchoice.virginia.gov)

## Health Screenings from CommonHealth



### What is included in a screening?

- **Blood Pressure**
- **Cholesterol—Total and HDL (good cholesterol)**
- **Diabetes Risk Assessment and blood glucose level**
- **Body Mass Index (BMI)**

### Who may participate in the health screening?

All TLC Key Advantage and HDHP members are eligible for screenings.

### Why should I be screened?

Over the years, screenings have identified previously unknown health risks such as high blood pressure and high cholesterol to many employees. Early detection of health risks is important in preventing chronic diseases.

If your results point toward a health concern, you will be offered educational materials and be advised to follow up with your health care provider. A nurse will contact you with additional information on the condition. Ask the CommonHealth coordinator at your location about scheduling a health screening where you work.



## CommonHealth Publications

**Weekly Wellnotes** are sent to your agency CommonHealth coordinator for distribution to coworkers and cover a wide variety of timely health and wellness topics. These emails 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. It is delivered electronically to participating TLC groups or you can view current and past editions at: [commonhealth.virginia.gov/tlc/compass.htm](http://commonhealth.virginia.gov/tlc/compass.htm)

**Your Employee Assistance Plan (EAP) is there for you when you face the many hurdles in life. From legal assistance to financial planning and stress reduction—they can provide confidential one-on-one help.**

**TLC Key Advantage – Anthem**  
855-223-9277  
[www.anthemEAP.com](http://www.anthemEAP.com)

**Kaiser Permanente HMO – Kaiser**  
866-517-7042  
[www.achievesolutions.net/kaiser](http://www.achievesolutions.net/kaiser)

Find out more at  
[commonhealth.virginia.gov/tlc/eap.htm](http://commonhealth.virginia.gov/tlc/eap.htm)

*CommonHealth is administered by the Virginia Department of Human Resource Management*