



Know someone who wants to quit smoking? Is having a baby? Is stressed over family and job demands?

Here are some phone numbers to resources that can help:

Quit Smoking:

Quit For Life

1-800-456-2345

Pregnancy

Future Moms

1-800-345-1234

Employee Assistance

COVA Care EAP

1-866-725-0602

PAGE 2

PARTNERING WITH OTHERS

HEALTH CHECKS

POWHATAN HEALTH CHECK

PROGRAM NOTES



Inside CommonHealth

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Calm Your Nerves

Thought about a New Year's Resolution? Why not work at keeping stress under control for 2009?

The **Calm Your Nerves** program will get employees started and help them find healthy ways to release the build up of stress before it takes a toll on their health. Balancing the time using technology with social time spent with family, friends and co-workers is key.

This program will give participants a chance to see and practice simple stress relieving ideas and techniques that can take as little as 30 seconds. So don't wait. Contact your Regional Coordinator today to schedule the program or go to www.commonhealth.virginia.gov from January through March 2009 and keep those nasty nerves at bay.

New Fitness Center Initiative Launched

In an effort to increase the opportunities for state employees to benefit from participating in a daily exercise program, CommonHealth is expanding its Fitness Center Discount Program. The program currently provides a list of fitness centers around the state which offer special discounts to state employees. Beginning this month, CommonHealth will also offer a free 2-week trial pass which will be available on the Web site. This pass may be used to visit a local fitness center on a trial basis and is a great way to find out if a certain club feels comfortable. Remind employees to take advantage of this program before the pass expires on March 31, 2009.



Calm your nerves with this hand-held massager.

Inside CommonHealth

CommonHealth is Partnering with others

Bringing CommonHealth in house has opened the door to amazing partnerships with other state agencies which saves money and supports our fellow state employees. CommonHealth now uses the Department for the Blind and Visually Impaired for all its shipping needs. DBVI also supplies the program with antimicrobial pens which have been a huge success throughout the Germ Warfare program. We have also accessed print material from the Virginia Department of Health for the Germ Warfare program, which has saved tens of thousands of dollars in print costs.

Health Checks

CommonHealth offers free confidential health checks every two years for all State and The Local Choice groups. At the screening, participants will instantly learn their blood pressure, cholesterol, Diabetes Risk Assessment, and Body Mass Index (BMI). To show appreciation for attending, each participant will receive a free CommonHealth expandable umbrella. To schedule your agency or location's health check, please contact your Regional Coordinator or CommonHealth at wellness@dhrm.virginia.gov. Additional information is on the CommonHealth Web site.

Powhatan Correctional Center Health Check

Many agencies wondered how to attract employees to the health check without a CommonHealth fund for snacks and door prizes. Agency Coordinator Pam Frango and HR Director Doug Smith at Powhatan Correctional Center (PCC) faced the challenge head-on! On December 3, 2008, Powhatan Correctional Center held its health check with record setting participation! Titled "Good Health...Good Fun...Good Prizes," employees enjoyed good health and a great time. In addition to receiving free CommonHealth umbrellas, participants were entered into drawings for door prizes donated by employees, featuring hand-crafted jewelry, homemade treats, and more! Congratulations Pam for thinking outside the box and paving the way for healthier employees. If you have a similar success story, we'd love to hear it. Please send it to your Regional coordinator or to me at wellness@dhrm.virginia.gov.



Program Manager Notes

I am sending out weekly e-mails with fun and useful information on health, wellness and related topics. These e-mails may be forwarded, printed or used in any way you see fit for your agency. I hope you enjoy them and find them helpful.

A huge "Thank you" to all our Agency Coordinators and participants. Because of you program participation has continued to grow in record numbers! We are focused on making Virginia state employees the healthiest in the Nation.

Thank you again,

Rose O'Toole

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