

COMMONHEALTH

CommonHealth is the employee wellness program for the Commonwealth of Virginia.

Since 1986 the Commonwealth of Virginia has offered CommonHealth to promote wellness in the workplace. More than 500 agency locations in the Commonwealth of Virginia have active CommonHealth programs.

Bi-annual campaigns cover a variety of health and wellness subjects and are presented in an array of formats - including onsite educational events and video presentations – that make it easy to participate. Not only are the campaigns educational and fun, they help Commonwealth employees stay fit and healthy. CommonHealth also provides the Compass Newsletter and Weekly Wellnotes delivered directly to your state email account to keep you in the loop about the latest wellness information.

Employees across the state have improved the quality of their lives through CommonHealth and you can too! See your agency CommonHealth coordinator or visit www.commonhealth.virginia.gov for more information.



CommonHealth

www.commonhealth.virginia.gov