



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 some phone numbers to resources that can help:

Quit Tobacco:

Quit For Life
1-800-456-2345

Pregnancy:

COVA Care Future Moms:
1-800-345-1234

COVA Connect Partners in Pregnancy:
1-866-239-0618

Employee Assistance:
www.dhrm.virginia.gov
Employee Programs

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Inside CommonHealth

VOLUME 7 ISSUE 3, FEBRUARY 2013



Think FAST about Stroke

Several hundred thousand people suffer strokes in the U.S. each year. Unfortunately, many of these victims will suffer permanent disability or die because so few recognize the symptoms or know what to do.

Participants in CommonHealth's *Think FAST About Stroke* program will learn the sudden warning signs of stroke so they can recognize and respond FAST. Stroke is a medical emergency and the right response at the right time can save a life. *Think FAST About Stroke* will be available from March 1– June 30, 2013. Contact your CommonHealth Regional Coordinator today to schedule.

Take the Five Faces Pledge

When it comes to combating stroke, knowledge is power. Learn the warning signs of a stroke and share the information with five others. Make sure your family and friends know to act FAST when stroke hits. Knowing this lifesaving information can ensure that someone having a stroke can get the urgent care they need.

Visit <http://www.stroke.org/site/Ecard> to take the pledge.



Benefits of Onsite Health Screenings...Is it Time for Yours?

Employer-sponsored onsite health screenings have big benefits for both employees and employers! In addition to a healthier, more effective workforce with less absenteeism, these screenings can also lead to:

- the identification of chronic diseases at earlier stages
- detection of a health issue even when asymptomatic
- saving valuable time because employees do not have to leave to check their health
- a bigger commitment from employees to their health
- a brighter morale because hosting a screening demonstrates the employer has a commitment and concern for the employees' health

CommonHealth helps you offer a great health check to your staff every other year! The screening includes blood pressure, total cholesterol and HDL counts, blood sugar, diabetes risk assessment, height, weight, and Body Mass Index (BMI).

Inside CommonHealth

Keep CommonHealth in Mind

CommonHealth programs are great additions to agency staff meetings, conferences, and even training days. We can present the current program and provide the incentive as a giveaway for state employees attending or provide a learning station of either the current program or of general CommonHealth benefits and programs. Either way is a great way to spread the word to your employees!

Our Website...A Great Resource for Agency Coordinators and Employees

From current program information to nutritional guides to fitness center discounts to AC specific information, you can find it all on our website! For information to help you as an AC, click on "Coordinators" then "Resources for Coordinators." Curious about the current program or want to review a previous program? Visit our "Programs" page. You may suggest your staff visit our "Healthy Family" page for great ideas on ways to raise healthy children or help a parent drive safer as they age. The "Resources" page offers helpful links for nutrition, fitness, and general health. Finally, it is always motivating to check out some of the Wellness Champion stories found at the bottom of the "home" page. Take a quick tour of our website to get info you need and pass on resources to your staff as needed.

The screenshot shows the Virginia.gov website for the Commonwealth of Virginia Employee Wellness Program. The page features a navigation menu on the left with callouts: 'Current and past programs, handouts, coupons, and more!' pointing to 'Programs'; 'Perfect for families!' pointing to 'Healthy Family'; 'Great links for all!' pointing to 'Resources'; and 'Super helpful for ACs!' pointing to 'Coordinators'. The main content area is titled 'Healthy Family' and includes sections for 'Healthy Parents = Healthy Kids' and 'Family Health and Fitness' with sub-sections like 'WEIGHT WATCHERS' and 'PARENTHOOD'.

Growing Lighter Challenge

The 2013 Weight Loss Challenge has brought us 320 teams with 1256 participants. At just the halfway mark, participants have lost over 5000 pounds! Many teams have ten members, others are individuals, and some fall in between the two extremes. As always, the team names are motivational, fun, and demonstrate the creativity of our state employees: "Leftover" Baggage (DBHDS), Diminishing Returns (Dept of Taxation), The Fighting Temptations (DJJ), and Cruisin' for Losin' (DOC)! What a great challenge!

Program Notes

The *Growing Younger* program wraps up on February 28. This great program provided information about healthy aging for any age. It included information on keeping our minds and bodies engaged as we mature. The **Think FAST about Stroke** program begins on March 1, another program designed to deal with a chronic condition that affects our population. Join us for this program to help you recognize warning signs, respond, and maybe even save a life!
Sincerely,

The CommonHealth Team

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