



IMPORTANT NUMBERS

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

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

COVA Connect Partners in  
Pregnancy:  
1-866-239-0681

### Employee Assistance

[www.dhrm.virginia.gov/  
Employee Programs](http://www.dhrm.virginia.gov/EmployeePrograms)

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NEW TOBACCO  
TAX, NEW  
INCENTIVE TO  
QUIT

LOSE WEIGHT,  
SAVE MONEY

SPREAD THE  
WORD, INCREASE  
ATTENDANCE

PROGRAM NOTES



# Inside CommonHealth

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## *Something to Smile About*

July 1— September 30

Have you ever crawled into bed only to realize you forgot to brush your teeth? Put off going to the dentist until the pain was unbearable? Routine dental care and precautions may actually lead to more than just a great smile, but it may even prevent a heart attack, help you better control diabetes, and help mothers avoid early, pre-term births.



The **Something to Smile About** program not only reviews dental hygiene basics like brushing and flossing, but it also explores the relationship between dental health and diabetes, the benefits of good oral health during pregnancy, how to help children avoid tooth decay, and the link between gum disease and heart attacks. Participants will even find out how to stop up to 700 different types of bacteria from entering the bloodstream and receive a travel dental kit including a small zipper bag, a toothbrush, floss, and toothpaste. Contact your Regional Coordinator today to schedule the program or go to [www.commonhealth.virginia.gov](http://www.commonhealth.virginia.gov).

## *Alternative Program Options*

While the in-person program may be ideal, there are times when an in-person program is not possible, and that is why CommonHealth offers alternative options such as the **video** on our **website** or a **DVD**, the **Knowledge Center**, and **coupons**! Each option allows staff to access the quarterly program information and earn the incentive.

For each alternative option, the **Agency Coordinator will complete the participation sheet with the employee names and identification numbers and send it to the Regional Coordinator** in order to receive the incentives. **Employees should retain the top portion of the coupon page** and the Knowledge Center Certificate. Agency Coordinators may keep the bottom portion of the coupon page after completing the participation sheet; **the coupons are no longer mailed to the Regional Coordinators.**

# Inside CommonHealth

## *New Tobacco Tax, New Incentive to Quit*

CommonHealth's *Quit for Life* program is provided at **no cost** to employees, spouses and dependents over age 18 who are eligible to participate in the state health benefits program. Those who call 1-866-784-8454 to enroll will be assigned a Quit Coach who will assist in creating a personal quitting plan, which may include nicotine replacement patches, gum or covered smoking cessation drugs. The Quit Coach can help decide if one of these products will work in each case. Help your staff know about this program, and when an employee wants to quit using a tobacco product, encourage them to call 1-866-784-8454!

## *Lose Weight, Save Money*

Weight loss programs can be quite expensive, but state employees and their adult family members can participate in the Commonwealth's special partnership with Weight Watchers! The specialized pricing is on Local Meeting vouchers, Online subscriptions, At Home kits, and At Work meetings. In addition to that, state employees eligible for health benefits may also be reimbursed 50% of the program cost, if they have met the minimum participation requirements. Remember, only employees can be reimbursed.

Visit <http://www.dhrm.virginia.gov/weightwatchers.html> to get started today!

## *Spread the Word, Increase Attendance*

Ever had fewer participants than you would like at a CommonHealth program? Most Agency Coordinators have at some point. Sometimes there is a last minute schedule conflict; other times, it may be in the middle of vacation season; still others seem unexplained. Can you add to the 5 tips below? 1. Schedule programs carefully to avoid conflicts like vacations, agency events, or meetings. Incorporating the program with staff meetings can be really helpful. 2. Use various promotional efforts (e-mail, bulletin boards, flyers in restroom stalls). 3. Personally invite your colleagues and mention programs in staff meetings. 4. Remind staff of the program—we all forget sometimes! 5. Include food! Everyone enjoys a snack.

Send ideas or suggestions that have worked for you to [Wellness@dhrm.virginia.gov](mailto:Wellness@dhrm.virginia.gov).

## *Program Manager Notes*

Please send success stories and programming ideas to [Wellness@dhrm.virginia.gov](mailto:Wellness@dhrm.virginia.gov). We love to hear from you, and you might serve as an inspiration to someone who needs encouragement. Thank you for all you do. Your work is making a difference in the lives of our fellow employees. Our goal is for Virginia employees to be the healthiest in the Nation. And you are central to that goal.

*Thank you again,*

*Rose O'Toole*

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