



**CommonHealth**  
**IMPORTANT**  
**NUMBERS**

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

Here are some 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

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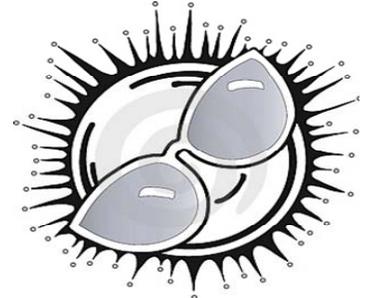


# Inside CommonHealth

VOLUME 4 ISSUE 4, MARCH 2009

## *Block Those Rays*

April 1 – June 26, 2009



Who's spent hours in the yard, on the golf course or the slopes without giving a thought to your skin until later when you were burned? We tend to think about sun protection only when we spend a day at the lake, beach, or pool. However, sun exposure adds up day after day, and it happens every time you are in the sun.

CommonHealth's **Block Those Rays** program examines the dangers of too much sun exposure and explains how we can prevent sun damage that may lead to wrinkles, premature aging, cataracts and skin cancer. Participants will learn to use tools such as the UV Index, SPF, ABCs, body maps and which fabrics are most protective. They will also receive this sturdy kit with sun block and lip balm. Contact your Regional Coordinator today to schedule the program or go to [www.commonhealth.virginia.gov](http://www.commonhealth.virginia.gov) between April and June and **block those rays** to stay safe in the sun.



### *Welcome Sue Perry*

CommonHealth is happy to announce the hiring of Sue Perry for the Blacksburg/Roanoke Region. Sue comes to us with years of experience in education and counseling. She is also a cycle instructor and marathoner. Her enthusiasm is contagious. She will be contacting her agencies in early April to introduce herself and schedule spring programs.

# Inside CommonHealth

## *CH Going That Extra Mile*

CommonHealth is fortunate to have an excellent and knowledgeable staff of Regional Coordinators. We have been honored to provide additional health and wellness talks at various agencies across the Commonwealth. DMV Richmond had lunchtime lectures on packing a healthy lunch because their cafeteria is closing for a few months. CommonHealth held a lunchtime workshop on reading food labels for SCHEV. After a Harrisonburg agency had an employee suffer a stroke while at work, CommonHealth spoke on stroke awareness and prevention. CommonHealth appreciates your trust in providing wellness information in a professional and timely manner.

## *Agency Coordinators needed!*

If at times the job of Agency Coordinator seems overwhelming, have you ever considered asking another employee to share the duties? Many agencies find strength and energy using multiple coordinators and committees. Some divide the year and each coordinator is responsible for a quarter. Others divide and share promotional and set up responsibilities. One agency even splits the job between different departments and they compete to see who gets the most participation during their assigned quarter. Please contact [CommonHealth](mailto:CommonHealth@www.wellness@dhrm.virginia.gov) at [www.wellness@dhrm.virginia.gov](mailto:www.wellness@dhrm.virginia.gov) if you know of someone who is interested in being an Agency coordinator.

## *Health Checks*

Health checks are going well. Remember there is:

- a. No HRA packet necessary
- b. No insurance card necessary
- c. No cost to participants
- d. No minimum number of participants required

If you haven't held a health check since March 2007 it is time. To schedule your health check please contact your Regional Coordinator or CommonHealth at [wellness@dhrm.virginia.gov](mailto:wellness@dhrm.virginia.gov). We take care of the rest!

## *Program Manager Notes*

Please send your 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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