



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:
1-866-239-0618

Employee Assistance
www.dhrm.virginia.gov
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Take a Break: Relaxation in a Busy World

October 1 – December 31

Many of us can probably agree that stress levels have been high lately, and we know that too much stress can lead to serious health issues. However, did you know that chronic stress – the type of daily, low-grade anxiety and pressure that many are feeling during these trying times- is more likely to lead to health problems than a major crisis? It's true. Over time, the body begins to break down in response to chronic stress because it cannot tolerate continually elevated levels of stress hormones and the physical symptoms they cause. This is why chronic stress is implicated in many health issues including cardiovascular disease, diabetes, migraines and depression.

So, what can you do to keep everyday stress from having a long term effect on your health?

One of the secrets of effective stress management at work is finding ways to incorporate stress-reduction techniques into your workday. By **Taking a Break** to practice the tips, stretches or breathing techniques taught in the program, you can catch your response to a stressful situation early — before it becomes unhealthy.

Since the program is offered October through December, we've included a section regarding the added pressures many feel throughout the holiday season. It focuses on positive ideas centered around spending quality time with those we care about most and highlights free or low cost programs and exhibits available at local museums, historic sites and cultural attractions.

Program participants will receive the 30 minute relaxation CD titled **Take A Break** – while supplies last!. The audio CD includes a guided relaxation exercise and relaxing music.

Be sure to beat the holiday rush; contact your Regional Coordinator soon to schedule the **Take a Break** program. Visit www.commonhealth.virginia.gov for program information and resources.

PUT WEIGHT WATCHERS TO WORK FOR YOU!

The Commonwealth of Virginia is committed to helping you achieve your weight-loss goals and improve your health by offering a **50%** reimbursement on the Weight Watchers options below:
Weight Watchers Monthly Pass- Get FREE Registration, unlimited meetings each month in your local community, our lowest price per week and FREE eTools with interactive tools that you can access anytime to keep you on track between meetings.

Weight Watchers At Work meetings-At Work meetings bring the Weight Watchers experience right to your workplace where a trained Leader facilitates weekly meetings, and you can benefit from the proven advantage of group support from co-workers. If you have at least 15 associates interested in an At Work meeting call 1-800-8-AT WORK.

Weight Watchers Online subscription With an Online subscription you can follow the Weight Watchers plan step-by-step online, with interactive tools and resources like a weight tracker, progress charts, restaurant guides and much more.

Weight Watchers At Home kit - Deluxe Edition- The At Home kit gives you information and resources by mail to follow our plan step-by-step at home. The kit includes weight-loss tools and bonus products that are conveniently delivered to your home.

Call 866-614-9129 to get started today!



Inside CommonHealth

Creating a Wellness Committee for your Agency

As an Agency Coordinator, you may often feel as though you wish you had some help with the coordination of the CommonHealth program. This is very possible; in fact, many agencies have co-coordinators or committees that help with various aspects of the program. The amount of assistance and size of committee will vary based on the size of your agency.

When considering who to include on the committee or as a co-coordinator, you may want to start with regular participants—if they already value the program, they often are very willing to help. It is also great to have people with differing talents and colleagues or departments. A representative from management on the committee can help support the efforts and encourage participation.

Agencies may use their committees differently. Sometimes members act like tour guides for the RC and meet them at different locations onsite for programs. Other times, they just share in the responsibilities: assist with coordinating programs or publicize upcoming programs. Having a committee may even help to increase participation as well as make it easier and perhaps more fun to coordinate!

New Resources Available with EAP

Your Employee Assistance Program offers a variety of resources, including multimedia educational tools, to help you deal with health and life issues. You may want to take another look at your health plan's EAP benefit. Using the EAP is as simple as making a toll-free telephone call. You receive up to four sessions at no cost for counseling on a particular issue. There are new tools available on EAP Web sites, including 5-to-12 minute videos on the COVA Care EAP site under "What's New" and companion guides with a list of suggested articles on the topic covered. Other helpful tools and articles are available for COVA Connect, COVA HDHP and Kaiser Permanente HMO members. COVA Care: 1-866-725-0602; COVA Connect: 1-800-899-8174; COVA HDHP: 1-800-346-5484; Kaiser: (866) 517-7042

Governor's Challenge Certificates Left Unclaimed

Did your agency participate in the Governor's Challenge? CommonHealth wants to congratulate the participants! If you have teams at your agency who have not yet received certificates, please send your name, agency, number of certificates needed and agency address to wellness@dhrm.virginia.gov.

CommonHealth is on Facebook: Are You a Fan Yet?

Become a FAN of CommonHealth. It is an informal place to share health and wellness ideas and tips.

Program Manager Notes

CommonHealth is here to help. In the past month, we have helped two agencies combine to start a Weight Watchers at work meeting. One agency wanted to have their office tested for office ergonomics- we provided contact information. We can answer health questions and link your employees to the available resources. Let us know how we can serve you!

We know the employees love incentives and we do too. They reinforce our message long after our educational program ends. At times, the two do not connect the way we would like. The procurement process is long and increasingly difficult. Foreign market factors, the state procurement process, and the economy have made it even more complex. Our educational handouts lessen the burden, and employees enjoy them and the information. We appreciate your patience as we navigate these complicated waters and hope you understand if, at times, we do not have incentives at the time of your program.

We always appreciate you and your support. Our programs are fast, fun and great morale boosters! Give your Regional Coordinator a call and schedule your program today.

Rose O'Toole

