



**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 resources that can help:

Healthy Lifestyles
Quit Tobacco
Diet/Nutrition

Healthy Beginnings
Pregnancy

866-938-0349

Employee Assistance:
www.dhrm.virginia.gov
Employee Programs
Anthem: 800-346-5484
855-223-9277
Aetna: 888-238-6232
Kaiser: 866-517-7042

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**VISITS, KUDOS,
AND HELP**

**FALL INTO
FITNESS**

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Inside CommonHealth

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WELLGONOMICS

WELLGONOMICS

CommonHealth’s new health improvement campaign, WellGOnomics: How You Move Matters, begins September 1st. The program looks at Ergonomics, which is the study of optimizing the relationship between people and the objects and environments they interact with. Ergonomically incorrect work (and home) environments can cause an increase in injuries as well as lost time from work. CommonHealth will help you focus on how you move throughout the day and how to evaluate your activities, such as electronics use, sitting, standing, driving, and lifting, and offer simple and inexpensive solutions you can implement immediately to avoid injuries as well as slips, trips, and falls. Learn how to improve your day (whistle while you work), so you feel fabulous and better able to enjoy your accomplishments. Whether you are at work or play, how you move matters! Let CommonHealth show you how to stop, think, and evaluate before you move to prevent injuries. Schedule a time with your Regional Health Educator today.

Great Ideas from the Field..

As an Agency Coordinator, you can use little wellness celebrations and everyday tips and challenges to boost morale and awareness !

- ♥ Radford VEC: Sharing fresh, home-grown garden extras allows for healthier meals and snacks.
- ♥ New River Valley VDH: Treadmills at work! (Thanks to Dr. Molly O’Dell, the Health Director)
- ♥ Various agencies & locations: Group exercise classes led onsite.
- ♥ Employees near Lynchburg are participating in the Live Healthy Lynchburg Challenge
- ♥ Martinsville & Danville VEC: Bring in healthy foods for a “shared lunch”
- ♥ Danville Community College has offered Weight Watchers at Work since 2009.
- ♥ Many state employees walk on break or at lunch—some agencies have organized walks, others go solo. Some even have walking challenges!



What can you do? Make wellness a priority and encourage healthy habits. Check out the National Wellness Institute’s health observance calendar for upcoming wellness-related days for special event days.

Inside CommonHealth

Visits, Kudos, and Help from the Secretary of the Administration, Nancy Rodrigues

Nancy Rodrigues, Secretary of Administration, has been to several agencies to meet CommonHealth agency coordinators and their supervisors! She has stated a commitment to preventive health and to promoting CommonHealth as a great opportunity for Commonwealth employees to improve health and wellness. She has met with some incredible coordinators to say thank you and to listen to some challenges or answer some tough questions. She has advised that employees are a priority for Governor McAuliffe! Below are photos from just a few of the stops! Will she visit you?

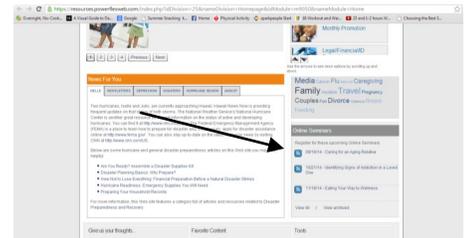


Fall into Fitness

The fall season is rapidly approaching and it is one of the best times of year to get out and get fit! The weather is perfect for active fun—not too hot, not too cold, just right! Walking, jogging, hiking, cycling (and those a bit more adventurous—rock climbing or bouldering) offer fabulous views during this time of year! Often times, new classes and leagues start this time of year as well—so pick up a new interest—maybe learn to dance, box, or play soccer or ultimate frisbee. Get out there with friends or family and play a little touch football, throw a ball around. If nothing else draws you, you probably have leaves to rake and that can get you moving a bit—why not bring out the inner child and jump in them a bit too!

Helpful Resource

There are some helpful online seminars available to all Commonwealth employees through the Anthem EAP. These are very informative and put together well. They are available on a monthly basis and vary widely in the content. September offers Caring for an Aging Relative; October is Identifying the Signs of Addiction in a Loved One; and November brings Eating Your Way to Wellness. To check them out or register, visit <https://resources.powerflexweb.com/1631/interimCOVA.html> and click on Commonwealth of Virginia and scroll to the online seminar box on the lower right side.



Like us on Facebook to get more quick tips and great information!

Program Notes

The **Recipe for a Healthier Heart** wellness campaign ends on August 31, 2014. This great educational session provided tips to help you strive for heart health through nutrition, movement, and stress management. We hope to see you for WellGOnomics which will help you organize your space, time, and movements to minimize your risk for injury.

Sincerely,
The CommonHealth Team

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