



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
Employee Programs

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GREAT PARTICIPATION, GREAT SAVINGS

STATE EMPLOYEES RISE TO THE CHALLENGE

PROGRAM NOTES



Inside CommonHealth

VOLUME 4 ISSUE 4, JUNE 2010



Outdoor Adventures

July 1 – September 30

Summertime is the perfect season to get active outside with family or friends. Through the Governor's Challenge, many have lost weight and started getting in shape--Outdoor Adventures will give you some ideas on how to keep that going

and suggest some different activities to keep it interesting too. Being active is fundamental to staying healthy, no matter how much you weigh, so let's explore some safe, budget and family-friendly ways to spend your days, weekends, and even vacations!

Have you wondered...

- Why do mosquitoes always seem to bite me? (Find out why you may be more optimal prey.)
- What do I do if I encounter poison ivy or even a bear on a hike? (We'll help you avoid some tricky hiking situations.)
- Do I really need to pee on myself to help a jellyfish sting? (Absolutely not--this is not even advisable--learn what you can do to ease the burn.)
- Which is worse a storm watch or warning (and what is the difference)? (We'll give you tools to help out in storms.)
- Should I really be exercising outside in this heat? (Learn how to be safe in the heat and to recognize heat-related issues.)
- What exactly is geocaching? (Find out with CommonHealth.)
- How can I be safer swimming in the ocean? (We'll help you identify rip currents and explain how to swim out of them.)

Nationally recognized, Virginia State Parks offer great opportunities for hiking, geocaching, biking, swimming, boating and more in a budget and family-friendly environment. Many of the activities are free or low cost and provide you with the opportunity to learn while having fun and getting in shape! CommonHealth has teamed up with Virginia State Parks to offer you suggestions on what you can do, where you can do it, and how to keep you and your family safe. Let's have a summer full of great memories together!

You will earn a travel first aid kit by participating in Outdoor Adventures—while supplies last! Contact your Regional Coordinator today to schedule the program or go to www.commonhealth.virginia.gov

State Employees Rise to the Challenge!

Governor McDonnell kicked off the 2010 Governor's Challenge in February by "asking everyone to lose a measly 10 pounds." Many state employees took on that challenge; in fact, there were over 650 teams, so over 2600 people participated. Collectively, over 16,750 pounds were lost by week 12. Many teams had great, creative names: The Incredible Bulk, Phatty McButter Pants, Mission Slimpossible, Gut Busters, and Bootie Be Gone to name a few. Several teams found great success in losing far more than the 10 pounds originally encouraged. Additionally, many teams with whom I have spoken have said the weight loss doesn't end just because the challenge does—they will continue to lose and maintain. Way to go Commonwealth of Virginia employees! If you have a success story you want to share from the Challenge or because of CommonHealth, please visit the Share Your Story link at the bottom of the CommonHealth homepage www.commonhealth.virginia.gov.



Inside CommonHealth

Updated, Greener System for the Coupon Alternative

There are many ways to complete the quarterly CommonHealth program, and one popular option is the coupon. Over the past few quarters, the process of using the coupon method has been streamlined and made a little greener—less paper, mailing, and expenses! Here's the new process of using them:

1. Get the coupons out to your staff. (Some agencies print the coupons and hand them out in person or via mailbox, while others send the coupon via e-mail.) Give everyone the final date for participation.
2. Have staff return bottom portion of coupon to you, the Agency Coordinator. (Some ACs just collect participant names rather than the actual coupon stub.)
3. Return a participant list—not the actual coupon stub—to the Regional Coordinator. If you collected the stubs, they can be used by the AC to return physical incentives, when those are given.

The coupon can be a great way to catch employees who did not make it to a live presentation—especially during vacation time, which is just around the corner.



Challenges Return—Check out the Website

Sometimes we all need a little motivation to try something new or to get us excited about a healthy habit, so CommonHealth brought back the challenges! Five challenges can be found on our website, www.commonhealth.virginia.gov. To find them, click on Challenges in the left-hand side menu. These challenges can be used individually, but it can be much more fun and motivational to challenge others at your agency. You can do group or team challenges or just have individual staff members participate. The challenges cover various areas: eating fruits and vegetables, stress management, stretching, water intake, and eating healthfully. If you are holding challenges at your agency, please let your RC know—we always like to know how things go and be able to support those participating!

On-site Health Screenings are an Important Benefit

As an agency coordinator, you can easily set up your bi-annual health screening, which is held on location at your agency, through your Regional Coordinator. The screenings include blood pressure, total cholesterol and HDL (good cholesterol) levels, a diabetes risk assessment, height, weight, and body mass. Having such a screening on-site makes it really easy for employees to participate, and may help a staff member become aware of health issue and take steps to resolve or treat it, especially for those who may rarely see a physician. An on-site health screening says that you care about your employees, and therefore often may boost morale! Contact your Regional Coordinator today to find out when your agency is due and to arrange for a screening at your agency.

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

Your participation in the Agency Coordinator Survey was very much appreciated and valued—your ideas and input are essential to the success of our program. You have spoken and we are listening: Outdoor Adventures will have first aid kits as the incentive. In developing the upcoming programs, weekly e-mails, and information we share, we are looking at the topics suggested. Our website has continued to develop to be more user-friendly and informative.

We value you and the job you do for CommonHealth.

Rose O'Toole

