

EMPLOYEE HEALTH AND WELLNESS BENEFITS AT YOUR FINGERTIPS



CommonHealth

The Commonwealth Of Virginia's Employee Wellness Program Page 1

Additional Wellness Benefits by Health Plan

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Benefits and requirements are subject to change without notice. Additional health and wellness benefits may also be available. Please check with your health plan or refer to the member handbooks at www.dhrm.virginia.gov/employeebenefits/health-benefits/active-employees for more details.

The Commonwealth Of Virginia's Employee Wellness Program

Health Education Campaigns

Get wellness topics delivered to your Agency or team by your regional CommonHealth Wellness Consultant. To schedule, contact your CommonHealth Agency Coordinator (or HR Benefits Administrator). Not sure who that person is? Email wellness@dhrm.virginia.gov to find out.

Wellness Champion Award

Nominate a Commonwealth of Virginia employee who has made significant changes in their health behavior, motivated others to make healthier choices, or helped create a culture of wellness in the workplace or beyond. See eligibility details and submit a nomination at commonhealth.virginia.gov/wellnesschampions.html.

Minute with a Manager Emails

Managers and supervisors get monthly messages with quick tips to help create a workplace culture of wellness. Sign up at forms.office.com/g/661fGes4LM.

Wellness Wednesdays Emails

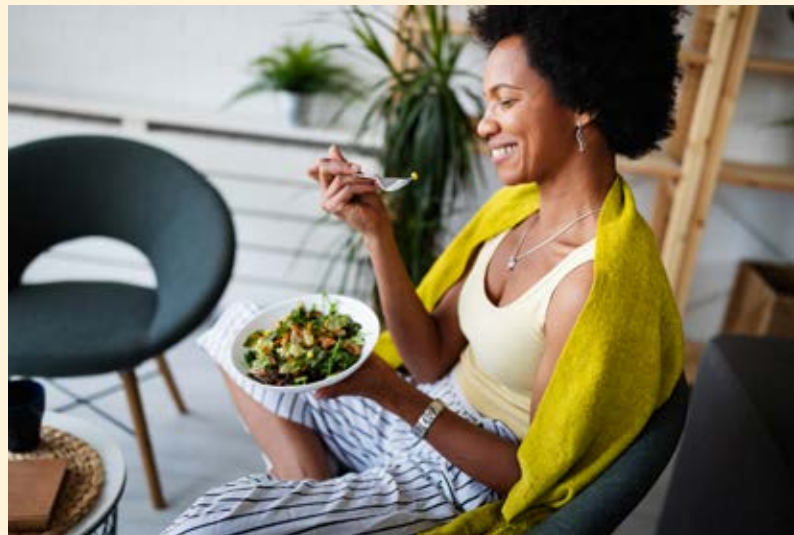
Get weekly messages with tips, tricks, information, and puzzles to help you make healthy choices. Register at forms.office.com/g/GvGeA4wtzn.



wellness@dhrm.virginia.gov



commonhealth.virginia.gov



WeightWatchers Discount

Benefits-eligible Commonwealth of Virginia employees, spouses, and adult dependents (18+) get 50% off the retail price and can join WeightWatchers for as low as \$9.75 per month. Sign up at www.weightwatchers.com/us/commonhealth.

Facebook

Get wellness tips and info on events and programs by following CommonHealth at facebook.com/CommonHealthVA and facebook.com/groups/commonhealthvaanywhere.

YouTube

Access a variety of short, informative videos to support you in your wellness journey and add more movement, relaxation, & knowledge to your day. Visit youtube.com/@commonhealthva9169/videos.

Health & Wellness Benefits

Building Healthy Families

Get support during and after pregnancy. Register and complete your profile, take the pregnancy screener, and complete a mini assessment prior to delivery to get the \$300 hospital copay waived. Visit My Health Dashboard and Programs on **Sydney Health** or anthem.com or call **833-414-4200**.

Cancer Care Navigator

Get no-cost support from trained health educators to help you coordinate care when undergoing cancer treatment. Call **800-552-2682**.

ConditionCare

Get support to help manage Asthma, CAD, COPD, Diabetes, Heart Failure, Hypertension, and other chronic conditions. Call **844-507-8472** or see “Programs” on **Sydney Health**.

Diabetes Prevention Program Coaching

Members with pre-diabetes receive personalized coaching and a digital scale at no additional cost for help taking steps to prevent type 2 diabetes. Take a quick eligibility survey at lark.com/enrollanthem or on **Sydney Health**.

Employee Assistance Program (EAP)

Employees, covered dependents, and household members get 4 free, confidential counseling sessions per issue each plan year, plus education and referrals on a variety of topics. Call **855-223-9277** or visit anthemeap.com/cova.

Health Assessment

Complete a health assessment to learn about health risks and qualify for Premium Rewards to save up to \$17 per month if employee OR spouse participates or up to \$34 per month if employee AND spouse participate. Visit anthem.com or **Sydney Health**.

LiveHealth Online

Pay \$0 for virtual visits with board-certified doctors, psychologists, psychiatrists, lactation consultants, sleep specialists, and physical therapists. Visit livehealthonline.com or look for “Virtual Care” under the “Care” tab on **Sydney Health**.



800-552-2682



www.anthem.com

Visit the App Store or Google Play to download the ‘**Sydney Health**’ app so you can view benefits, claims, and ID cards; manage prescriptions; find care; compare costs; connect with customer service; track health goals; and engage in health and wellness programs.

SYDNEY HEALTH APP



PreventiveRx Plus

Receive certain condition-related maintenance medications and supplies at no cost. See included medications at anthem.com/cova.

SmartShopper

Save money and earn rewards. Compare providers, prices, and reward amounts online or by phone when finding care. Visit cova.smartshopper.com or call **844-277-8991**.

Special Offers

Receive discounts on products and services that help promote better health and well-being, including, fitness memberships, spa services, hearing aids, and more. Log in at anthem.com, choose Care, and select Discounts.

Talkspace

See a behavioral health provider at your convenience via secure text, audio, or video messaging. Behavioral health copays or coinsurances apply at talkspace.com or use your four free EAP visits per concern per plan year at anthemeap.com/cova.

Wellness & Lifestyle Coaching

Get support reaching health goals such as losing weight, quitting smoking, managing stress, and more. Call **844-507-8472** or see “Programs” on **Sydney Health**.

Health & Wellness Benefits

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Health Assessment

Employees and spouses complete a health assessment to learn about health status and receive tips to help you reach your personal health goals. Visit anthem.com or **Sydney Health**.

LiveHealth Online

Pay 20% coinsurance after deductible per visit for virtual visits with board-certified doctors, psychologists, psychiatrists, lactation consultants, sleep specialists, and physical therapists. Visit livehealthonline.com or look for “Virtual Visit” under the “Care” tab on **Sydney Health**.



800-552-2682



www.anthem.com

Visit the App Store or Google Play to download the **'Sydney Health'** app so you can view benefits, claims, and ID cards; manage prescriptions; find care; compare costs; connect with customer service; track health goals; and engage in health and wellness programs.

SYDNEY HEALTH APP



PreventiveRx Plus

Receive certain condition-related maintenance medications and supplies at no cost. See included medications at anthem.com/cova.

SmartShopper

Save money and earn rewards. Compare providers, prices, and reward amounts online or by phone when finding care. Visit cova.smartshopper.com or call **844-277-8991**.

Special Offers

Receive discounts on products and services that help promote better health and well-being, including, fitness memberships, spa services, hearing aids, and more. Log in at anthem.com, choose Care, and select Discounts.

Talkspace

See a behavioral health provider at your convenience via secure text, audio, or video messaging. Behavioral health copays or coinsurances apply at talkspace.com or use your four free EAP visits per concern per plan year at anthemeap.com/cova.

Wellness & Lifestyle Coaching

Get support reaching health goals such as losing weight, quitting smoking, managing stress, and more. Call **844-507-8472** or see “Programs” on **Sydney Health**.

Health & Wellness Benefits

Aetna Discount Program

Get discounts on weight loss programs, gym memberships, eyeglasses, massage therapy, and more. Log in at aetna.com, and use the Health and Wellness tab to click Health and Wellness Discounts.

Aetna Maternity Program

Get support during and after pregnancy. Enroll, complete your pregnancy survey, and engage with your program nurse prior to delivery to receive a \$300 HRA contribution. Call **855-414-1901** to enroll.

Cancer Support

Get personalized support from a personal navigator, plus access to the Guided Genetic Health program and the Aetna Cancer Support Center, at \$0 member cost share. Visit aetna.com/cancersupport or text "cancercare" to 66902 to receive a login link to the support center.

Condition Coaching

Get support to manage chronic conditions including asthma, COPD, diabetes, rheumatoid arthritis, and more by calling **855-414-1901**.

Do-Right Actions

Employees and spouses complete actions to promote good health and earn a \$50 HRA contribution for each action up to a maximum of \$150 per person per plan year. Log in to aetna.com and click "Well-being Resources" in the Member Resources section. On the next page, click "Rewards."

Employee Assistance Program (EAP)

Employees, covered dependents, and household members get 4 free, confidential counseling sessions per issue each plan year, plus education and referrals on a variety of topics. Call **888-238-6232** or visit www.mylifevalues.com (User Name: COVA; Password: COVA).

Health Assessment

Complete a health assessment to learn about health risks and qualify for Premium Rewards to save up to \$17 per month if employee OR spouse participates or up to \$34 per month if employee AND spouse participate. Log in to aetna.com and click "Well-being Resources" in the Member Resources section. Use the My Health tab on the next page to click "Health Assessment." Or, log into the **Aetna Health mobile app**, select the Improve tab, and click on "Get Started" if accessing this tab for the first time or "Health Survey" if you have accessed this tab previously.



855-414-1901



www.aetna.com

Visit the App Store or Google Play to download the **'Aetna Health'** app so you can view benefits, claims, and ID cards; manage prescriptions; find care; compare costs; connect with customer service; track health goals; and engage in health and wellness programs.



Health Coaching

Get support reaching health goals such as losing weight, quitting smoking, managing stress, and more. Call **855-414-1901** or visit www.aetna.com.

Informed Health Line

Speak directly to a Registered Nurse about a variety of health topics to help you save time and money by making more informed decisions about your care. Call **800-556-1555**.

PreventiveRx Plus

Receive certain condition-related maintenance medications and supplies at no cost. See included medications at anthem.com/cova since Anthem is the administrator of the prescription drug benefit.

SmartShopper

Compare providers, prices, and rewards online or by phone when finding care. Visit cova.smartshopper.com or call **833-849-0567**.

Talkspace

See a behavioral health provider at your convenience via secure text, audio, or video messaging. Behavioral health copays or coinsurances apply at talkspace.com or use your four free EAP visits per concern per plan year at **888-238-6232**.

Teladoc

Get 24/7 access to board-certified doctors & mental health experts via phone, video, or app. Call **855-835-2362** or visit teladoc.com/aetna. Or, log into the **Aetna Health mobile app**, select the Improve tab, and click on "Get Started" if accessing this tab for the first time or "Health Survey" if you have accessed this tab previously.

Health & Wellness Benefits

24/7 Advice Nurse

Talk with a Registered Nurse day or night for medical advice, scheduling appointments, and more. Call **800-777-7904** or chat online by visiting kp.org and clicking “Get Care” then “Chat with KP.”

Calm App

Reduce stress, anxiety, and more at no cost. Visit kp.org/selfcare and click “Get started with self-care apps,” then click “Get Calm.”

Cancer Care

Get proactive prevention, earlier detection, advance treatment, and continuous high-quality care from a connected team of experts. Please **consult your Kaiser Permanente Physician** for more information.

Chronic Condition Management

Get treatments customized for your specific needs, specialized programs, and regular monitoring to help you manage diabetes, high blood pressure, or chronic pain. Please **consult your Kaiser Permanente Physician** for more information.

Employee Assistance Program (EAP)

Employees, covered dependents, and household members get 4 free, confidential counseling sessions per issue each plan year, plus education and referrals on a variety of topics. Call **866-517-7042** or visit carelonwellbeing.com/kaiser.

Fitness Deals

Get special rates on studios, gyms, fitness gear, and online classes. Visit kp.org/choosehealthy (log in required).

Get Care Now

Access video or phone visits with a physician for urgent care, or get care on your own time for non-urgent medical needs by answering questions online. Visit kp.org/getcare.

Headspace Care

Text one-on-one with an emotional support coach 24/7 to discuss goals, share challenges, create an action plan, and receive self-care resources. Visit kp.org/selfcare and click “Get started with self-care apps,” then click “Get Headspace Care.”

Health Assessment

Employees and spouses complete a health assessment to learn about health status and receive tips to help you reach your personal health goals. Log in at kp.org and click “Health and Wellness.” Scroll to the Tools for you section and click “View all tools for you” and “Take the assessment.”

Health Classes

Sign up for free wellness programs and classes designed to help you achieve your health goals. Topics include healthy eating, fitness and exercise, weight loss, diabetes, heart health, and more. Visit kp.org/classes.



800-777-7902



my.kp.org/commonwealthofvirginia

Visit the App Store or Google Play to download the ‘**KP VR**’ app so you can view benefits, claims, and ID cards; manage prescriptions; find care; compare costs; connect with customer service; track health goals; and engage in health and wellness programs.

KAISER PERMANENTE APP



Health Coaching

Get support reaching health goals such as losing weight, quitting smoking, managing stress, and more. Call **866-862-4295** or visit kp.org/wellnesscoach to get started at no cost.

Healthy Lifestyle Programs

Get free online wellness programs on nutrition, weight loss, physical activity, stress management, and more. Visit healthy.kaiserpermanente.org/maryland-virginia-washingtondc/health-wellness/healthy-lifestyle-programs.

Maternity Care

Get resources for every stage of pregnancy, labor, and delivery—plus your baby’s first few weeks at home. Visit kp.org/maternity.

myStrength

Build a wellness plan and get emotional support via teletherapy with a licensed therapist, telecoaching with a certified coach, and digital content personalized for your interests and goals. Visit kp.org/selfcare and click “Get started with self-care apps,” then click “Get myStrength.”

Total Health and Wellness Resources

Take control of your health with mental health services, resources for addiction and recovery, self-care apps, community resources, and healthy living guides at kp.org/livehealthy.

Health & Wellness Benefits

24 Hour Nurse Line

When illnesses or injuries occur after hours or when the physician's office is closed, call **833-251-2674** to get advice from a professional nurse.

Case Management

Get support and education from a team of registered nurses, health coaches, and social workers to help you understand a diagnosis, medication, or treatment plan; obtain medical equipment; achieve health goals; and manage chronic conditions. Call **866-503-2730**.

Disease Management Incentive Program

Receive a waived medical deductible and pharmacy copayment for certain prescriptions related to Hypertension, Asthma, COPD, and Diabetes. Visit sentarahealthplans.com/cova and select "Incentive Programs" or call **866-846-2682**.

Emergency Travel Assistance

Get assistance with emergencies when traveling 100 miles or more away from home, including travel to other countries. Call **800-872-1414** within the US, call **609-986-1234** outside the US, or email medservices@assistamerica.com.

Employee Assistance Program (EAP)

Employees, covered dependents, and household members get 4 free, confidential counseling sessions per issue each plan year, plus education and referrals on a variety of topics. Call **800-899-8174** or visit sentaraeap.com (User Name: COVA).

Health and Wellness Discounts

Get exclusive discounts on fitness memberships, weight loss programs, travel, and more at sentarahealthplans.com/members/health-and-wellness/discounts.

Health Assessment

Employees complete a health assessment for a health score and tips to help improve overall health status. Click "Start Assessment" at sentarahealthplans.com/mylifemyplan.



866-846-2682



www.sentarahealthplans.com/cova

Visit the App Store or Google Play to download the '**Sentara Health Plans**' app so you can view benefits, claims, and ID cards; manage prescriptions; find care; compare costs; connect with customer service; track health goals; and engage in health and wellness programs.

SENTARA HEALTH APP



Health Coaching

Get support reaching health goals such as losing weight, quitting smoking, managing stress, and more. Call **866-513-2507** or access online coaching at sentarahealthplans.com/mylifemyplan.

MDLive Virtual Care

Get 24/7 access to board-certified doctors and licensed therapists via video conference or phone. Call **866-648-3638** or visit sentarahealthplans.com/cova.

Partners in Pregnancy

Get support during pregnancy. Enroll during the first 16 weeks of pregnancy to receive a waived inpatient copayment. Call **866-239-0618, option 2** to enroll.



Commonwealth of Virginia Office of Health Benefits

Department of Human Resource Management
James Monroe Building
101 North 14th Street | Richmond, VA 23219



Benefits and requirements are subject to change without notice. Additional health and wellness benefits may also be available. Please check with your health plan or refer to the member handbooks at www.dhrm.virginia.gov/employeebenefits/health-benefits/active-employees for more details.

