



**Wellness in Action: Inventive Ways to Support
Wellness in Your Office and District**

Business case for wellness

- Improve employee health
- Reduce healthcare costs
- Improve productivity and morale
- Recruit and retain talent
- Increase engagement



Tools to help
employees lead a
healthier life

Eat Well

Fiber

Fruits & Vegetables

Eat the rainbow

Stress Less

Resilience

Connection

Flexibility

Move More

Stretching

Walking

All Movement Counts

Sleep Better

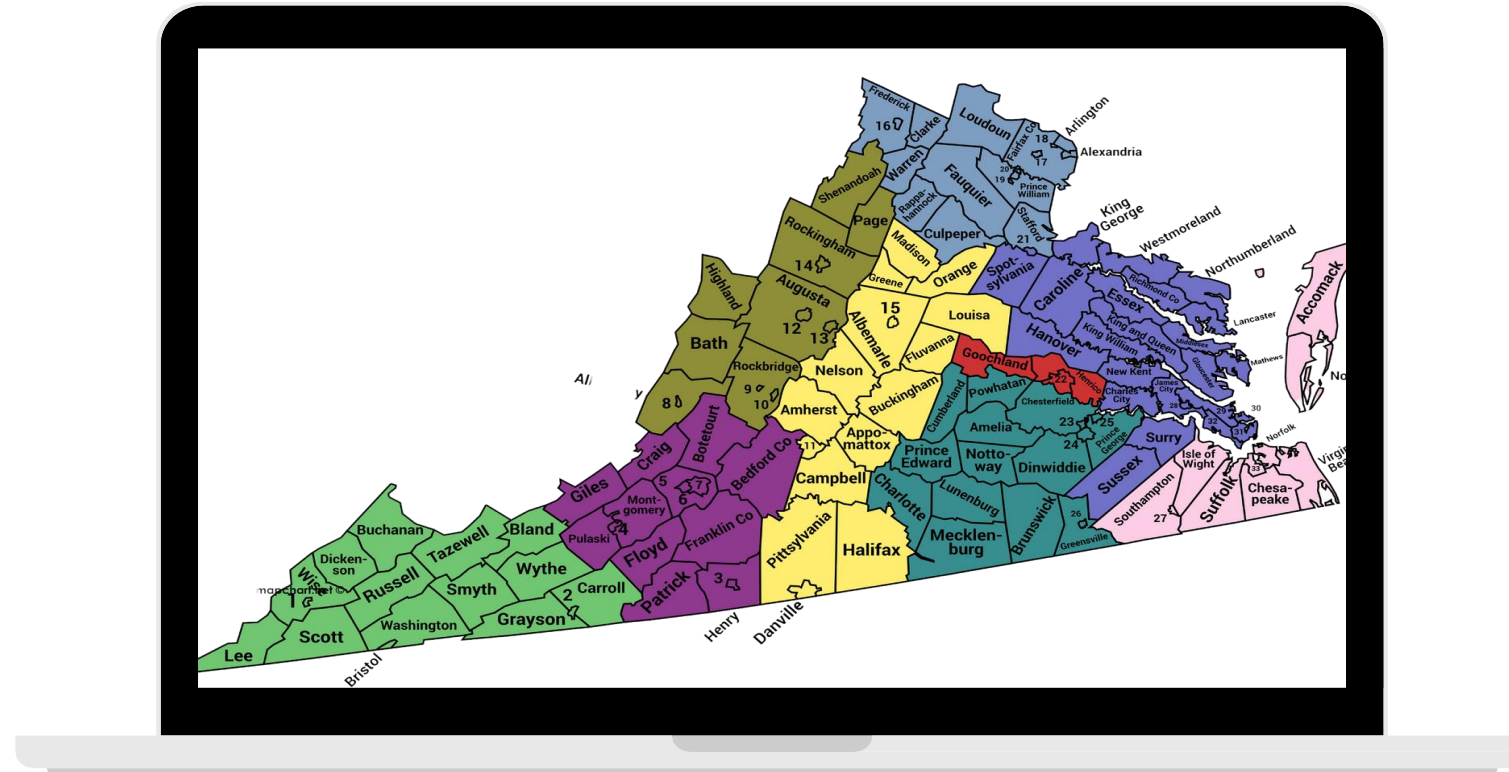
On Time

7-9 hours

Cool, Dark & Quiet

COMMONHEALTH.VIRGINIA.GOV

Who we are



A team of nine Wellness Consultants bringing targeted programming to **~170,000 employees!**

CommonHealth Serves - **ALL COVA EMPLOYEES**

- 500+ COVA agency locations
- 134,041 State employees (salaried and wage)
- Retirees
- Employee dependents (18+ years of age)



No Fee For Services

Employee Wellness is a built-in benefit.

Engagement strategy

Recruitment tool

Cost containment

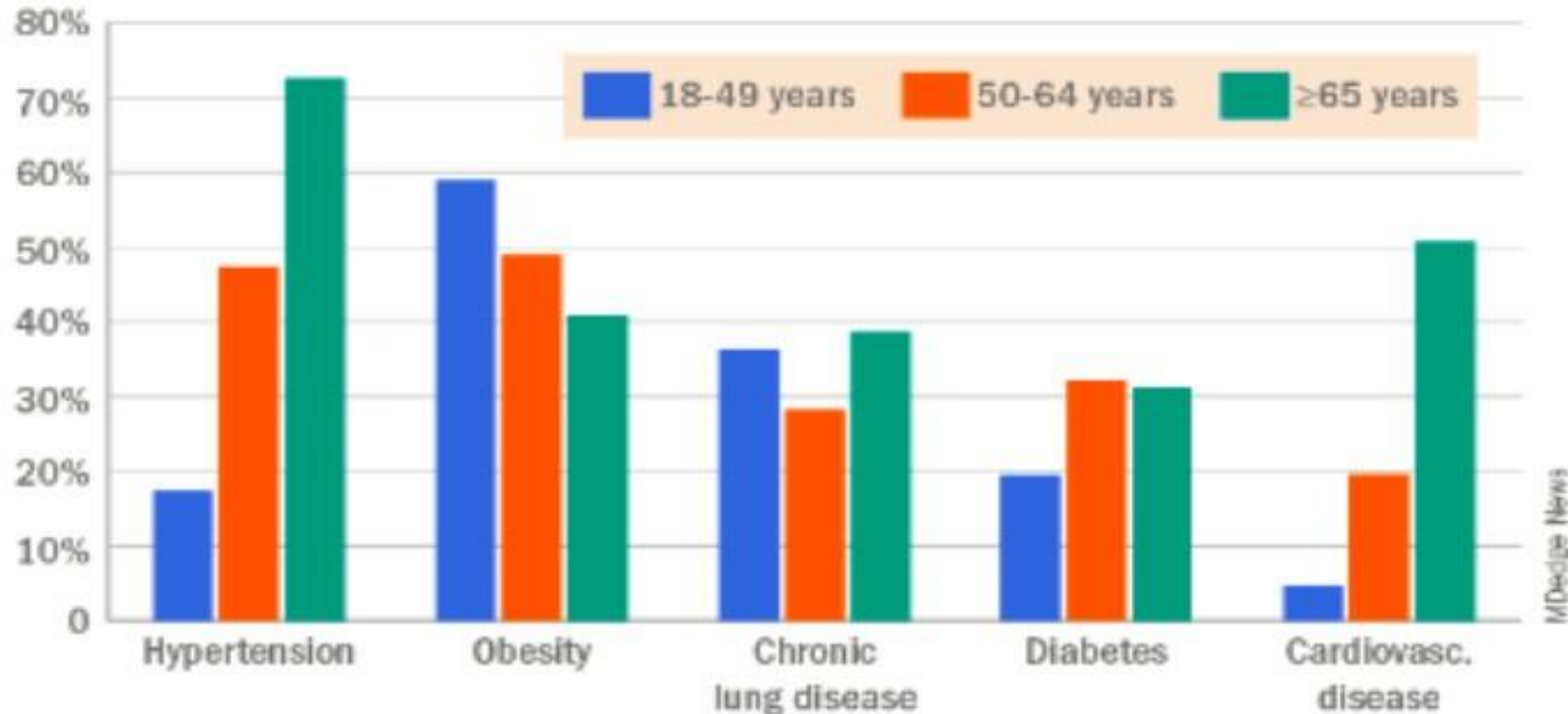
Culture cultivator

Why wellness at work?

93% of survey respondents agreed or strongly agreed that an employer has a responsibility to promote and support the health and wellbeing of its employees.

Time to prioritize employee health

Underlying conditions among adults hospitalized with COVID-19



- National Data

We help you create and promote a healthier workplace

- Education to improve health outcomes
- Wellness as a workplace priority
- Guide behavior change
- Build trustworthy partnerships
- Policy assistance to sustain wellness culture



We engage through...

**ONSITE
TRAINING**

**WEEKLY
WELLNOTES**

**FUN
CHALLENGES**

**VIRTUAL
TRAINING**

**YOUTUBE
SERIES**



Focus On FIBER



Losing weight, eating
improving your health
dietary fiber

re-learn to relax

CommonHealth's guide to meditation
and mindfulness for the busy beginner

RECHARGE



Find the energy you need



COMMONHEALTH "HOW TO" BOOKLET
TO HELP YOU SLEEP



Better Nights Ahead

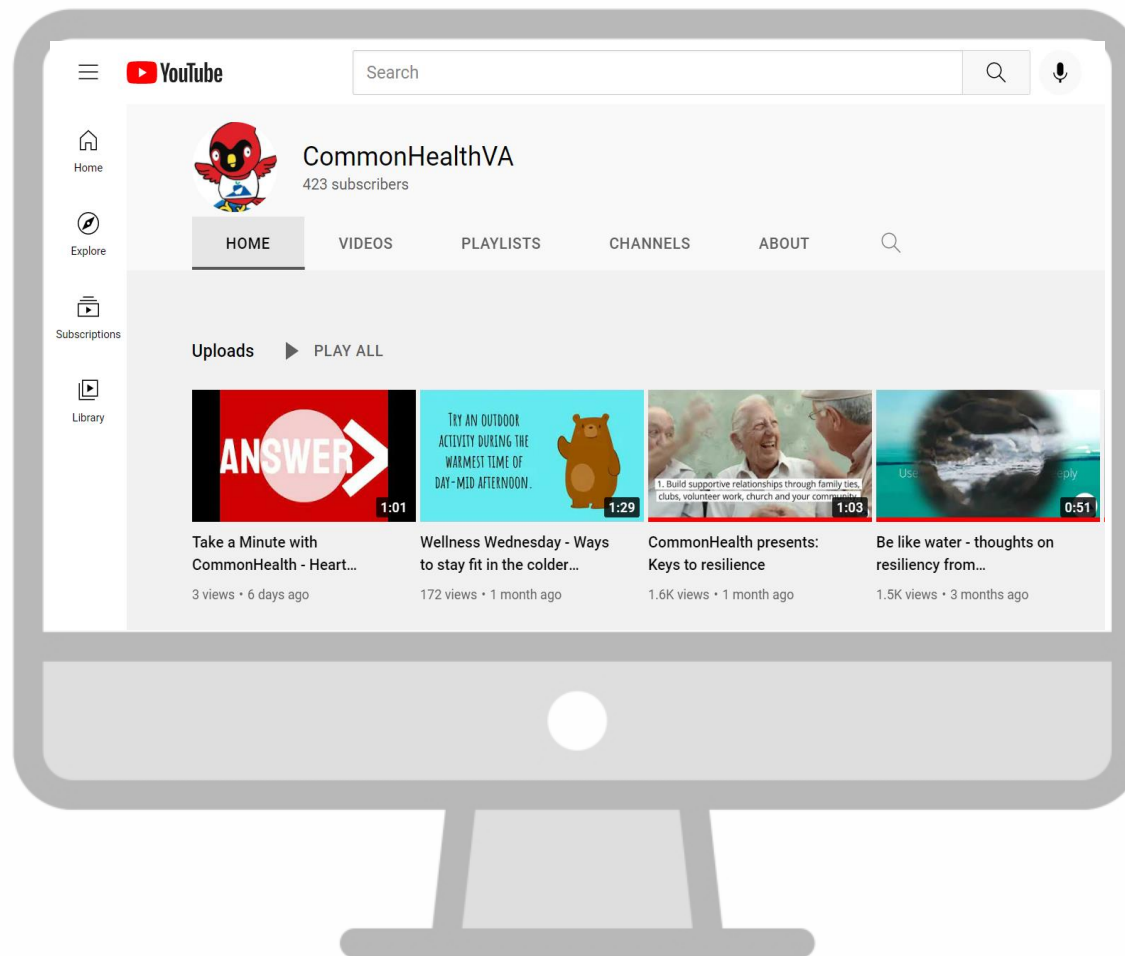
OFFICE OF WORKFORCE ENGAGEMENT

CommonHealth



WISE EYES

TO HEALTHY VISION



CommonHealth.Virginia.gov



WATCH FOR
WELLNOTES
ON MONDAYS



Why CommonHealth works

- In-person or online programming
- Flexible to meet agency needs
- Agency training and support
- Tailored communication
- Engaging original content



Pilot Incentive Program

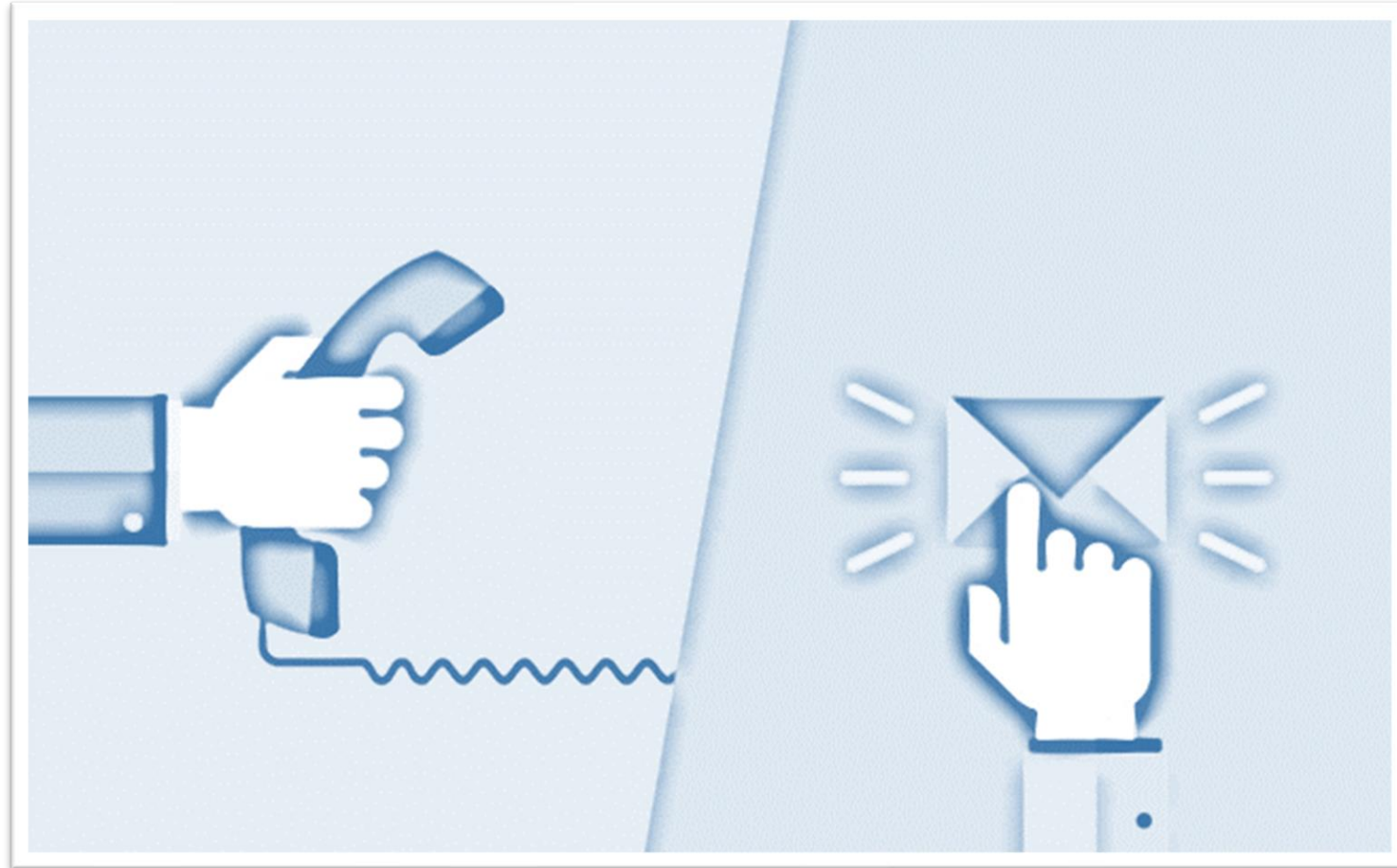


Live Now!

Reporting your wellness efforts has never been easier. Login to mtmcarousel.com/dhrm and click "Register your Wellness Efforts" to get started!



All it takes is a call or an email to get started



wellness@DHRM.virginia.gov

Wellness Consultants

**Suzanne
Meador**

Southwest

**Susan
Perry**

*Roanoke & New
River Valley*

**Craig
Hicken**

*Petersburg &
South Central*

**Kristina
Hall**

*Northwest &
Blue Ridge*

**Amy
Moore**

Northern

**Mary Louise
Gerdes**

*Williamsburg &
East*

**Cynthia
Duncan**

*Tidewater &
Eastern Shore*

**Kelsey
Jones**

Central

**Felix
Johnson**

Richmond

Take action

- **Register for MotiVAte**
- **Connect with Agency Coordinator**
- **Schedule CommonHealth Programs**



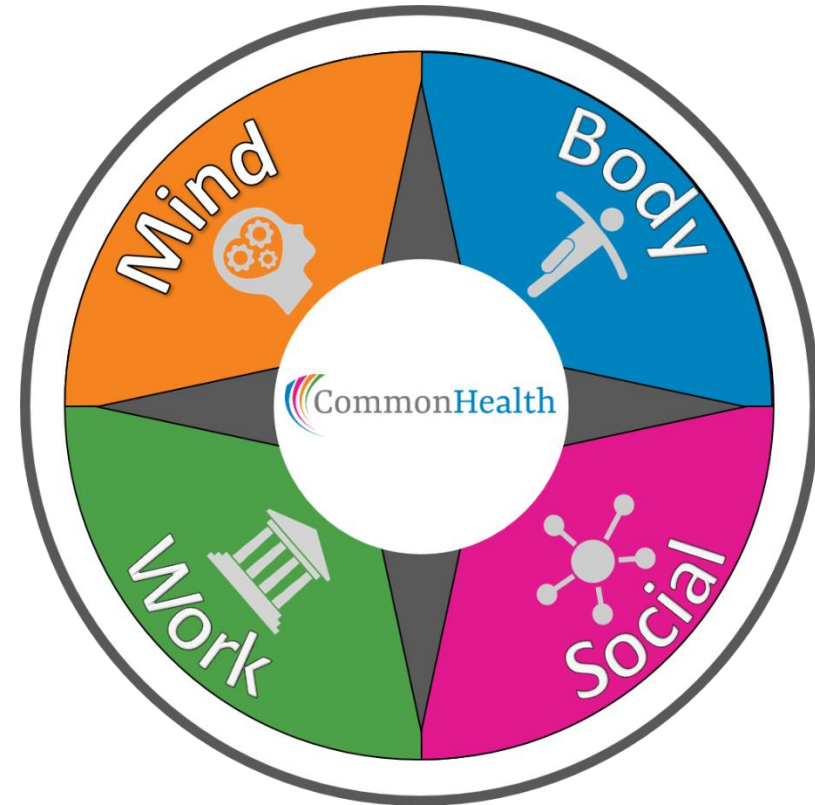
Questions for the supervisors?

Amy Moore
Felix Johnson

Office of Health Benefits

Department of
Human Resource Management
101 N. 14th Street, 13th floor
Richmond, VA 23219

amy.moore@dhrm.virginia.gov
felix.johnson@dhrm.virginia.gov





wellness@dhrm.virginia.gov

commonhealth.virginia.gov

