



WORK-LIFE

health & wellness



*Together, we can improve our health and
the health of our loved ones.”*

- U.S. OFFICE OF PERSONNEL MANAGEMENT



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did you know...



welcome

to worksite health & wellness in the Federal Government

Worksite health & wellness programs can improve the quality of life for Federal employees.

Did you know the leading causes of death and disabilities in the United States are preventable? Making simple changes can make a big difference in your health and happiness.

Federal worksite health & wellness programs are in place to help you modify your lifestyle and move toward an optimal state of wellbeing. We are committed to providing you with resources and solutions to take charge of your own health and wellbeing.



“The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.”

- THOMAS EDISON

about the program

A worksite health & wellness program is a set of programs, policies, and environmental supports designed to help you meet your health and wellness needs and maximize organizational performance.

Elements of these programs include but are not limited to agency policies, educational materials and events, physical activity opportunities, lifestyle counseling, screenings, assessments, and immunizations. They address a wide range of health needs, such as:

- tobacco cessation
- nutrition
- physical activity
- weight management
- supports for nursing mothers
- stress management
- depression
- high blood pressure
- high cholesterol
- diabetes
- vaccine-preventable diseases

To be successful, a worksite health & wellness program needs participation and support from employees, managers, and senior leaders.





the value of supporting wellness



“

*An ounce of prevention is
worth a pound of cure.”*

- BENJAMIN FRANKLIN

Worksite health & wellness programs provide significant benefits for Federal agencies and employees.

benefits for agencies

- Reduces healthcare costs
- Reduces the need for unscheduled leave
- Reduces presenteeism (working while sick)
- Improves productivity
- Improves employee engagement
- Improves recruitment and retention
- Improves organizational brand and culture
- Reduces workers compensation and disability management claims costs

benefits for employees

- Improves health and wellbeing
- Reduces risks for developing preventable chronic diseases
- Improves self-esteem
- Decreases the health-related expenses for employees

4 health & wellness tips for

1

get regular check-ups and immunizations.

It's time to take charge of your health! Regular health examines can identify problems before they start. Getting recommended vaccinations is one of the best ways to avoid serious effects of certain diseases and prevent the spread of infectious diseases, such as the flu. Schedule an appointment with your health care provider to discuss what screenings, exams, and immunizations you need and when you need them.

2

eat healthy.

Set goals to eat a variety of nutritious foods, and use nutrition facts labels to make smart food choices. When possible, plan your meals and snacks in advance to avoid getting too hungry and indulging in unhealthy options. Keep healthy snacks, such as fruits and vegetables, at your workplace and make an effort to drink water often to stay hydrated. Last, but not least, block off 30 minutes each day to walk away from your workstation and eat a healthy meal. You'll come back refreshed and re-energized.

employees

3

get up and move.

Long periods of sitting over time can take a toll on your health. Set a reminder on your phone or calendar to get up regularly during the day and stretch, and/or incorporate natural prompts into your work day, such as standing up when you answer the phone. When possible, suggest walking meetings instead of seated conference room meetings, take the stairs instead of the elevator, and make a commitment to physical activity by scheduling walks, runs, or other forms of exercise with interested colleagues during lunch breaks or before or after work.

4

manage stress.

You can't always avoid tensions that occur on the job, but you can take steps to manage work-related stress. Do your best to make healthy choices when you feel the tension rise, such as going for a walk, enjoying a meal, meditating, or taking a few deep breaths. Have an open conversation with your supervisor, trusted friends, and family members to come up with an effective plan for managing stressors, and seek stress management resources available through the Employee Assistance Program.

did you know...

Federal employees who work full-time typically spend approximately one-third of their day working, 5 days per week. Participating in the worksite health & wellness program can make it easier to integrate healthy choices and behavior into your day.

- U.S. Office of Personnel Management

Chronic diseases (e.g., heart disease and stroke, type 2 diabetes, cancer, chronic lung diseases) are responsible for 7 of 10 deaths each year, and treating people with chronic diseases accounts for 86% of our nation's health care costs.

- U.S. Centers for Disease Control and Prevention


Eating healthy can help reduce people's risk for heart disease, high blood pressure, diabetes, osteoporosis, and several types of cancer, as well as help them maintain a healthy body weight.

- National Prevention Strategy



did you know...





Engaging in regular physical activity is one of the most important things that people of all ages can do to improve their health. Physical activity strengthens bones and muscles, reduces stress and depression, and makes it easier to maintain a healthy body weight or to reduce weight if overweight or obese.

-National Prevention Strategy

Tobacco users who quit greatly reduce their risk for disease and premature death, improve their health and quality of life, and increase their life expectancy. All Federal Employee Health Benefits plans offer 100% coverage to help you quit once and for all.

- U.S. Office of Personnel Management

Preventing disease before it starts is critical to helping people live longer, healthier lives and keeping health care costs down.

- U.S. Centers for Disease Control and Prevention

Many of the people who are at high risk for heart attack or stroke don't know it. The good news is that many of the major risks for these conditions can be prevented and controlled through healthy lifestyle changes.

- Million Hearts®

more information

Contact your local HR office to find your agency Worksite Health & Wellness Coordinator or search OPM's Work-Life Contact Tool available at:
<https://www.opm.gov/CCLContact/>.

Additional information is available at
www.opm.gov/worklife.