Volume 1 • Issue 2 August 2008

CommonHealth Compass

Give Staying Healthy Your Best Shot

One of the best ways to prevent illness is to get vaccinated. Whether you get an annual flu shot or vaccines to protect you against pneumonia, meningitis or other diseases, it is important to use these resources to keep you and your family in good health.



If you are a state health plan member, you may:

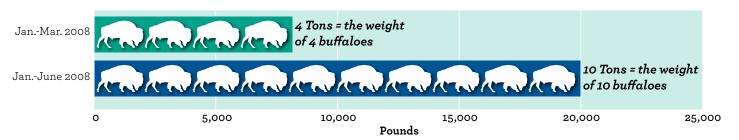
- Get a free immunization at your doctor's office. The COVA Care, COVA HDHP and Kaiser Permanente plans pay 100 percent of the allowable charge for member immunizations under the wellness benefit.
- Ask your local pharmacist. Some immunizations also may be available at local retail drug stores. If you are a COVA Care or COVA HDHP member, you pay a tier copayment, or deductible and coinsurance, just as you do for prescriptions under your plan. You may also be responsible for any fees the pharmacy may charge to administer the vaccine.
- Regardless of what plan you have, be sure to take advantage of opportunities to get vaccinated.

Remember that COVA Care and COVA HDHP also provide free flu shots during flu season at participating pharmacies. Look for more on that this fall.

So, get vaccinated to protect yourself and your family – your health, and theirs, could depend on it. Need more information? Contact your Benefits Administrator.

Weight Watchers Update

State Employees Take Off 10 Tons ...or 10 Buffaloes



New Weight Watchers sessions are available every quarter.
Visit the DHRM Web site at www.dhrm.virginia.gov/weightwatchers.html for more details.

Web Site **NEWS**

It's Easy to Count Your Calories

The CommonHealth Web site offers a number of valuable resources, including the Revolution Health Web site that can help you count calories among other useful tools. Register and go to the page featuring calculators. Find out how many calories you burn for a range of activities and how many minutes of an activity it takes to lose just one pound! Visit www.revolutionhealth.com/commonhealthva.



Regional Coordinators Bring Experience to Workplace Wellness



CommonHealth Regional
Coordinators – The new CommonHealth Regional Coordinators are, from left: Cynthia
Duncan, Mary Louise Gerdes,
Kristina Fischbach, Sarah
Wall, Program Manager Rose
O'Toole, Suzanne Meador,
Craig Hicken, Denise Butler
and Sharon Buckner.

The eight CommonHealth regional coordinators hired as state employees bring more than 80 years of experience promoting workplace wellness and working directly with employees. They are already making their presence felt at the agency level by arranging programs and health checks, providing wellness information and recruiting agency and location coordinators.

Here is their contact information and the regions they will be covering within the Commonwealth:

Sharon Buckner – sharon.buckner@dhrm.virginia.gov – Augusta, Clarke, Culpeper, Frederick, Greene, Madison, Page, Rappahannock, Rockingham, Shenandoah and Warren counties.

Denise Butler – denise.butler@dhrm.virginia.gov – Cumberland, Henrico, Hanover, King George, Louisa, Orange, Powhatan, Spotsylvania, and the city of Richmond.

Kristina Fischbach – kristina.fischbach@dhrm.virginia.gov – Albemarle, Alleghany, Amherst, Appomattox, Bath, Buckingham, Campbell, Cumberland, Fluvanna, Goochland, Highland, Louisa, Nelson, Rockbridge counties and the cities of Charlottesvillle and Lynchburg.

Cynthia Duncan – cynthia.duncan@dhrm.virginia.gov – Accomack, Isle of Wight, Northampton and Southampton counties and the cities of Chesapeake, Norfolk, Portsmouth, Suffolk and Virginia Beach.

Mary Louise Gerdes - marylouise.gerdes@dhrm.virginia.gov - Caroline, Charles City, Essex, Westmoreland, Northumberland, Richmond, Lancaster, Middlesex, Mathews, King and Queen, King William, New Kent, Gloucester, York, James City, Surry and Sussex counties and the cities of Hampton, Newport News, Poquoson and Williamsburg.

Craig Hicken – craig.hicken@dhrm.virginia.gov – Amelia, Brunswick, Chesterfield, Charlotte, Dinwiddie, Greensville, Halifax, Lunenburg, Mecklenburg, Lunenburg, Prince Edward, Nottoway, Chesterfield and Dinwiddie counties and the cities of Colonial Heights, Emporia and Hopewell.

Suzanne Meador – suzanne.meador@dhrm.virginia.gov - Lee, Scott, Wise, Dickenson, Buchanan, Russell, Washington, Tazewell, Smyth, Grayson, Carroll, Wythe, and Bland counties.

Sarah Wall – sarah.wall@dhrm.virginia.gov – Bedford, Botetourt, Craig, Floyd, Franklin, Giles, Henry, Montgomery, Patrick, Pittsylvania, Pulaski, Roanoke counties and the cities of Blacksburg, Christiansburg, Radford, Martinsville, Danville, Rocky Mount, Chatham, Pulaski and Roanoke.



A ninth coordinator for Fairfax, Loudon and Prince William counties and the city of Fairfax will be hired soon.

