

HEALTH BENEFITS E-NEWS

*Department of Human Resource
Management
Office of Health Benefits*

June 24, 2022

Catch Health Issues Early with Preventive Care

Keeping up with preventive care can significantly increase your lifespan by catching things early and making them easier to treat. Preventive care is used to detect and prevent illnesses, diseases and other health related problems. Routine preventive care includes annual physicals and other recommended screenings based on age, gender and certain health conditions.

All of the Commonwealth of Virginia's health plans provide annual physicals and preventive care screenings at no cost to the member. Please encourage members to learn more about recommended preventive care available to improve their overall well-being, staying healthy and learning of any problem early.

More information may be found [here](#).

Benefits Administration Training Scheduled in July

Register for all courses in the [COVA Learning Center](#)

Health Benefits Administration - Active Employee Benefits

This 3-hour virtual course is designed for agency human resources professionals, health benefit administrators and payroll employees whose job responsibilities require knowledge of the state's health benefits programs for Active Employees. The course provides a review of the policies and procedures for Active Employee State Health Benefits and the Flexible Benefits Programs.

Dates:

Wednesday July 20, 2022

9:00am – 12:00pm

Location: Virtual

Instructor: Kevin M. Johnson

Wednesday July 27, 2022

9:00am – 12:00pm

Location: Virtual

Instructor: Kevin M. Johnson

Questions regarding these courses should be directed to Kevin M. Johnson,
kevin.m.johnson@dhrm.virginia.gov.

Please do not reply to this e-mail. You may send inquiries to the Office of Health Benefits mailbox at ohb@dhrm.virginia.gov