



DHRM HR Highlights February

Hit the road to health and wellness with tips and information on employee benefits that can help us thrive in four key areas: medical, physical / emotional, financial, and occupational. Think of it as a routine tune-up that can help us discover ways to boost well-being and steer towards better health and greater happiness!

Whether you have been in state service for many years or are new to the Commonwealth, being a COVA employee comes with many benefits that can support a healthy life. There are so many programs that are baked into our health plans and employee benefits, that it is a great idea to check out what's already a part of your package offerings and make the best use out of what's available to you.

The Employee Health and Wellness Benefits Guide from DHRM details benefits that are available to you based on your employment status and insurance provider. The resource guide can be found [HERE](#).

You'll always want to check your eligibility through your benefits administrator or by contacting your insurance carrier directly to inquire.

For more information on this exciting program, click [here](#). For questions, please email CommonHealth at wellness@dhrm.virginia.gov. CommonHealth is also able to present the program at your agency! If you have an upcoming staff meeting or employee event, both make excellent opportunities to address wellness topics with your employees!

Buckle up and join CommonHealth as we take charge of our health and wellness journeys together!

Thank you!!