



HR Highlights January 2023

CommonHealth has built a one of a kind platform designed to assist in wellness initiatives. The platform “MotiVate” will provide an opportunity for employees to participate in CommonHealth sponsored or related activities to redeem points.

The Motivate program will incentivize employees for a variety of health activities including but not limited to attending CommonHealth Programs, health screenings, wellness challenges, eating well, fitness activities, and mindfulness. Participants are able to earn points for the redemption of unique prizes, and engage employees in prioritizing their health and wellness. Once each user earns enough points there will be a number of prizes that are available for redemption.

MotiVate will create a unique experience in tracking your wellness goals. CommonHealth takes pride in educating employees on their overall wellness and the MotiVate Program will grant each person the opportunity to prioritize their health and wellness for better health outcomes. Registration is now available at <https://hurman.dhrm.virginia.gov/CHIP/>. Be sure to register as registration spots are limited.

Please reach out to your CommonHealth Wellness Consultant if you have any questions.