



## HR Highlights June 2022

### **Celebrate CommonHealth's 35<sup>th</sup> Anniversary!**

Since 1986, CommonHealth has promoted wellness across the Commonwealth and engaged employees to maintain and improve their health. Through in-person and virtual presentations to state and local agencies, weekly communications, development and distribution of informational materials and resources, and uniquely designed and tailored campaigns and programs, CommonHealth strives to keep the workforce healthy and engaged in best wellness practices. From its early days as a small pilot program at the College of William and Mary to its current placement within DHRM's Office of Workforce Engagement, CommonHealth continues to grow and adapt to keep wellness at the forefront of the state workforce. The team currently consists of a group of highly skilled Wellness Consultants spread across 9 territories to serve the health and wellness needs of the Commonwealth's agencies and employees.

To celebrate the 35<sup>th</sup> anniversary of bringing wellness to Virginia's employees, the CommonHealth team created a very special challenge for all employees. Historically, most wellness challenges focus on taking more steps, eliminating junk food, or drinking more water. While these are all very important areas on which to focus, they don't always appeal to everyone. With this in mind, CommonHealth decided to offer a pick your own challenge format. Playing off the 35<sup>th</sup> anniversary theme, the challenge lasts for 35 days and urges people to complete their one chosen task for 35 days in a row. A list of 35 ideas from six different categories was offered to include as many interests as possible. Those categories included health and fitness, finances, relationships, organization, creativity, and happiness.

The goal of any challenge is to motivate the individual to try and successfully change a behavior for a short period, and studies show that 30 days is a great starting point that may lead to permanent change. The team announced the challenge to all employees on May 22 and it begins on June 6. 1,500 people signed up during the first few days, which indicates that it is generating a lot of interest.

Be on the lookout for more exciting challenges and wellness programs from the CommonHealth team this year as they continue to work on improving the wellness of the workforce, and reach out to [wellness@dhrm.virginia.gov](mailto:wellness@dhrm.virginia.gov) if you or your colleagues would like more information about CommonHealth and its programs.