

# Routine Preventive Maintenance: Revving Up Your Health & Wellness



## TOP TIPS & RESOURCES

### MEDICAL



#### SCHEDULE CHECK UPS

Locate primary and specialist care in your network



#### SHOP SMART

Compare providers, prices, and rewards



#### GET SUPPORT

Coaching and resources for conditions that affect your life

#### Employee Health & Wellness Benefits Guide



#### DHRM Benefits Page



#### SmartShopper (select plans)



#### Recommended Health Screenings



### PHYSICAL & EMOTIONAL



#### WATCH YOUR GAUGES

Keep an eye on how you feel physically and emotionally



#### DO MAINTENANCE

Move more, eat well, sleep better, and breathe well



#### BOOST SOCIAL TIME

Volunteer, find hobbies, and engage with support

#### CommonHealth



#### Workers' Compensation HR Resources



#### Employee Assistance Program



#### OnTheSquareVA



### FINANCIAL



#### PLAN AHEAD

A key to success in reaching financial goals



#### SAVE FOR RETIREMENT

Start early to maximize the amount you can save



#### USE YOUR BENEFITS

Avoid leaving free money on the table

#### Virginia Retirement System



#### Employee Assistance Program



#### COVA Employee Discounts Marketplace



#### Virginia State Employee Assistance Fund



## OCCUPATIONAL



### GET GROWING

Seek professional and personal opportunities



### BUILD RELATIONSHIPS

Strengthen connections at work and beyond



### MANAGE STRESS

Find healthy ways to recharge and relax

#### Workplace Conflict Consultation Program



#### Diversity & Inclusion Services



#### Minute with a Manager



#### DHRM Learning Opportunities Catalog



## WEB ADDRESSES

**CommonHealth:** [commonhealth.virginia.gov](https://commonhealth.virginia.gov)

**COVA Employee Discounts Marketplace:**

[dhrm.virginia.gov/employeeediscounts](https://dhrm.virginia.gov/employeeediscounts)

**DHRM Benefits Page:** [dhrm.virginia.gov/employeebenefits](https://dhrm.virginia.gov/employeebenefits)

**DHRM Coaching Page:** [dhrm.virginia.gov/coaching](https://dhrm.virginia.gov/coaching)

**DHRM Learning Opportunities:**

[dhrm.virginia.gov/docs/default-source/l-d/dhrmlearninganddevelopmentopportunitiescatalog.pdf](https://dhrm.virginia.gov/docs/default-source/l-d/dhrmlearninganddevelopmentopportunitiescatalog.pdf)

**Diversity & Inclusion:** [dhrm.virginia.gov/diversity-opportunity-inclusion/what-we-do](https://dhrm.virginia.gov/diversity-opportunity-inclusion/what-we-do)

**Employee Assistance Program:**

[dhrm.virginia.gov/employeebenefits/employee-assistance](https://dhrm.virginia.gov/employeebenefits/employee-assistance)

**Employee Health & Wellness Benefits Guide:**

[commonhealth.virginia.gov/assets/wellnotes/WellnessResourceGuide-2024.pdf](https://commonhealth.virginia.gov/assets/wellnotes/WellnessResourceGuide-2024.pdf)

**FOCUS on Safety Topics:** [dhrm.virginia.gov/hr-partners/workers-compensation-hr-resources](https://dhrm.virginia.gov/hr-partners/workers-compensation-hr-resources)

**Minute with a Manager:**

[forms.office.com/g/661fGes4LM](https://forms.office.com/g/661fGes4LM)

**OnTheSquareVA:** [dgs.virginia.gov/onthesquareVA](https://dgs.virginia.gov/onthesquareVA)

**Recommended Health Screenings:** [cdc.gov/chronic-disease/prevention/preventive-care.html](https://cdc.gov/chronic-disease/prevention/preventive-care.html)

**SmartShopper:** [cova.smartshopper.com](https://cova.smartshopper.com)

**Virginia Credit Union:** [vacu.org](https://vacu.org)

**Virginia Retirement System:** [varetire.org](https://varetire.org)

**Virginia State Employee Assistance Fund:**

[dhrm.virginia.gov/vseaf](https://dhrm.virginia.gov/vseaf)

**Workplace Conflict Consultation Program:**

[dhrm.virginia.gov/employment-dispute-resolution/workplace-conflict-consultation-program](https://dhrm.virginia.gov/employment-dispute-resolution/workplace-conflict-consultation-program)

## NOTES