Useful links on the CommonHealth website

The CommonHealth website contains a wealth of information on a variety of topics. If you haven’t visited our pages recently, now’s a good time to visit again. Here are some workplace scenarios you may find yourself in:

Gosh, I loved that topic CommonHealth presented a year or two ago. Is it still available? [http://www.commonhealth.virginia.gov/pastprograms.htm]

Those weekly wellnotes are so useful! How can I find one of my favorites? [http://www.commonhealth.virginia.gov/communications.htm]

Our office is ready to start a challenge. Who has time to create that? It would be so nice to have a ready-made challenge we can use! [http://www.commonhealth.virginia.gov/challenges.htm]

Our agency is hosting a conference and we’d love to have CommonHealth come and present. How do we know who to invite? [http://www.commonhealth.virginia.gov/coordinators.htm]

I am looking for some health and wellness ideas to share with the family. Where do I begin to look? [http://www.commonhealth.virginia.gov/healthyfamilyideas.htm]

Another agency was bragging about earning a certification from CommonHealth. How can our group do that? [http://www.commonhealth.virginia.gov/worksitecertified.htm]

We really want to ramp up our wellness program. How can we get inspired to do more? [http://www.commonhealth.virginia.gov/bestpracticescertifiedgroups.htm]

I am a motivated Agency Coordinator; I know the year is full of health observances. How can I find that list and other resources like it? [http://www.commonhealth.virginia.gov/actoolkit.htm]

How can I follow CommonHealth on social media? [http://www.facebook.com/Commonhealthva] and for Instagram or Twitter – search CommonHealth

How can I get to health benefits information*? [http://www.dhrm.virginia.gov/healthcoverage]

*more to come on this topic in a future wellnote...we plan to share lots of DHRM links!

[www.commonhealth.virginia.gov]

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