

## Federal Occupational Health

# Comprehensive Health Promotion Services

Establishing an employee wellness program is one of the first steps your Federal agency can take toward building a healthier workforce and a safer workplace. Federal Occupational Health (FOH) is here to help you achieve it.

### How can my agency help employees take control of their health needs?

FOH's interactive health management tool, HealthyFocus4You, helps employees identify health risks, prevent disease, and learn about available self-care options. This interactive program also allows participants to:

- ▶ Complete Health Assessments
- ▶ Enter exercise and food intake and track changes in health information over time
- ▶ Learn more about specific health, wellness, and fitness topics

### How can my employees receive personalized health information?

Employees can complete FOH's online Health Assessment and receive immediate feedback in the form of a Wellness Profile; a personalized Web page that provides additional information and resources based on the employee's personal health and wellness needs.

### What can FOH do to increase employee participation in wellness programs?

FOH uses many techniques, including incentives, to maximize employee participation in and adherence to workplace wellness programs.

Participants can earn rewards for Health Assessment completion, program participation, wellness achievements, and other healthy activities. FOH also offers individual and group incentive programs to help employees remain motivated.

### How does FOH develop health and wellness education programs to meet my employees' health needs?

FOH tailors wellness and health education programs based on the needs identified by employees in the Health Assessment. Aggregate reports are then evaluated to determine the needs of the population as a whole.

### What is a Cardiac Risk Profile (CRP) and how is it performed?

A CRP is a blood test that assesses a person's potential risk of heart attack. It includes blood panel results, for total cholesterol, HDL, LDL, triglycerides, and blood glucose levels. This screening can be performed via blood draw or through a quick and easy finger stick test, which gives employees their immediate results.

#### WELLNESS WITHIN YOUR REACH.

1-866-4FOH-HLP  
FOH.PSC.GOV/FS

## BENEFITS

- ▶ Convenient, online Health Assessments with a wide range of health information and tracking tools to help employees reach their wellness goals
- ▶ Program options available at single sites, nationwide, or virtually
- ▶ Simple and flexible service delivery method using the Interagency Agreement (IAA)



**We don't have the space for a fitness center, but we do have an online comprehensive lifestyle management program that about 30% of our employees use regularly. This virtual training is personal and confidential and is complemented by a fitness consultant who goes onsite to conduct physical activity classes at our many sites. Employees get a lot of recognition for achieving their fitness goals."**

Human Resources Specialist  
Defense Contract Management Agency (DCMA)

## FAST FACTS

A well-implemented, multi-component health promotion program can not only decrease employee absenteeism, but can also help employee work performance. (Am J Health Promot. 2007, 22: 45-53)



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