

States Providing Wellness Programs to State Employees

State	Services Provided	Contact Information
Alabama	Wellness-Feel Well, Work Well (for state and public education employees): <ul style="list-style-type: none"> • State Wellness Center and Pharmacy • Health screenings • Weight Watchers at Work • Influenza vaccinations 	http://www.adph.org/ContactUs.asp?cnt=1&id=924 (334) 206-5585 or 1-800-252-1818
Alaska	Live Well Alaska-Employee Wellness (for DHSS employees): <ul style="list-style-type: none"> • Eat Smart • Get Active • Work Well—Guide to promoting Health at work & Guide to promoting activity in the workplace • Go Play • Tobacco Free 	Hss.cdphp@alaska.gov (907) 334-2596
Arizona	Benefit Option Wellness (for state employees, retirees, and their spouses and dependents): <ul style="list-style-type: none"> • Health Screenings • Fitness Classes and educational courses/webinars • Influenza vaccination • Tobacco Cessation Program 	(602) 771-9355 (WELL) wellness@azdoa.gov
Arkansas	ARBenefits-Wellness Programs (for Arkansas state and Public school employees and retirees): <ul style="list-style-type: none"> • Tobacco cessation • Back care • Healthy eating • Physical activity • Weight management • Stress management 	(877) 815-1017 or (501) 682-9656 https://arbenefits.org/ebd_pages/asebr/ebdcontact.shtml

Colorado	<p>State Employee Wellness Center (for state employees only--\$27 a month):</p> <ul style="list-style-type: none"> • State of the art equipment • Exercise classes • Weight Loss Program • Personal training • Wellness Newsletter 	<p>www.colorado.gov/dpa/wellnesscenter/index.htm</p> <p>(303)-866-2213</p>
Delaware	<p>DelaWELL Program (for eligible state agency, school district, charter school and higher education employees, as well as state non-Medicare eligible pensioners who are enrolled in a State of Delaware Group Health Plan):</p> <ul style="list-style-type: none"> • Health screening • Online wellness assessment • Health coaching or condition care program (determined by results of wellness assessment) • Healthy living programs <ul style="list-style-type: none"> ✓ Weight Loss ✓ Get in Shape ✓ Stress Relief ✓ Healthy Heart ✓ Diabetes-Fighting ✓ Smoke Free ✓ Healthy Aging ✓ Healthier Diet ✓ Cancer-Fighting ✓ Healthy Senior or Healthy kids • Health Seminars • Online seminars • Wellness Challenges 	<p>Employee.Wellness@state.de.us</p> <p>(800) 556-6106</p>
Florida	<p>MyBenefits-Health and Wellness Programs (for all active, permanent, full or part-time State of Florida employees and eligible dependents) depending on the</p>	<p>http://www.myflorida.com/MyBenefits/</p>

	<p>plan selected, may provide:</p> <ul style="list-style-type: none"> • Health Assessments • Smoking cessation • Weight management • Nutrition counseling • Exercise classes 	
Georgia	<p>The State of Georgia provides state employees with a variety of health plans. Each plan provides its own Health and Wellness Services.</p>	<p>http://dch.georgia.gov/vgn/images/portal/cit_1210/7/46/1714586912011SHBPBenefitCompare41911.pdf</p>
Hawaii	<p>Healthy Hawaii Initiative (statewide effort focused on reducing three core behaviors that contribute to chronic disease:</p> <ul style="list-style-type: none"> • Smoking • Inactivity • Poor Diet <p>Based on the social-ecological model to affect behavior change at multiple levels of society.</p>	<p>http://www.healthyhawaii.com/about_hhi/about_start_living_healthy/about_the_healthy_hawaii_initiative.htm</p> <p>To contact the healthy Hawaii initiative: healthyhawaii@doh.hawaii.gov</p>
Idaho	<p>Idaho State Employee Wellness-Health Matters (A statewide wellness program to enhance the effectiveness and well-being of state employees through improving their health):</p> <ul style="list-style-type: none"> • Nutrition • Physical Activity • Sunscreen • Skin Cancer screening clinics • Food safety • Biking and walking in Idaho • Classes • Wellness clinics 	<p>jzauha@pte.idaho.gov Jody Zauha, Program Manager</p> <p>(208) 334-3216 1-888-242-0210</p>
Illinois	<p>The State of Illinois offers state employees a variety of health plans and a Smoking Cessation Program.</p>	<p>http://www.state.il.us/cms/download/pdfs_benefits/handbook.pdf http://www.cms.illinois.gov/cms/3_servicese_ben_choice/choice_administrator.htm</p>
Indiana	<p>The State of Indiana offers state employees a variety</p>	<p>http://www.in.gov/spd/2337.htm</p>

	of health plans and a Non tobacco Use Incentive program.	
Iowa	<p>Healthy Opportunities. Your Health. Your Future:</p> <ul style="list-style-type: none"> • Fitness information • Nutrition information • Health information • Wellness Education • Wellness News 	<p>http://employeeewellness.iowa.gov/</p> <p>Sheryl.jensen@iowa.gov</p> <p>(515) 281-8866</p>
Kansas	<p>HealthQuest-State of Kansas Health and Wellness Program (benefits eligible State and Non State employees who are enrolled in the State Employee Health Plan; retirees, spouses and dependents 18 years or older who are enrolled in the State Employee Health Plan):</p> <ul style="list-style-type: none"> • 24/7 Nurse Line • Lifestyle Health Coaching • Condition Management Programs • Tobacco Cessation • Health screenings • Health assessment • Online wellness portal • Drug benefits for diabetes, asthma, weight loss and tobacco cessation • Wellness Champion network • Virtual race across Kansas • Healthy Interaction Sessions • Wellness newsletter • HealthQuest wellness blog 	<p>http://www.kdheks.gov/hcf/healthquest/default.htm</p> <p>Cheryl Miller—Program Director (785) 296-4304</p>
Kentucky	<p>Journey to Wellness (a comprehensive wellness program for Commonwealth employees:</p> <ul style="list-style-type: none"> • Nutrition • Get Active 	<p>Wellness Hotline: 1-877-KEHP WELL</p> <p>http://personnel.ky.gov/dei/wellness/</p>

	<ul style="list-style-type: none"> • Weight Management • Costs of an Unhealthy Lifestyle • Newsletters 	
Maine	<p>State of Maine’s Wellness Program (for state of Maine employees and their spouses, and state of Maine retirees and their spouses):</p> <ul style="list-style-type: none"> • Healthy Directions provides classes in nutrition, ergonomics, exercise, dealing with chronic disease • Roaming Fitness Specialist • Statewide Gym Program • State of Maine Newsletter 	<p>http://wellnessworksme.org/?page_id=1493</p> <p>Rachel Maier-Program Manager (207) 287-4984</p>
Maryland	Provides Health and Wellness information on line, not necessarily only for state employees	http://www.maryland.gov/living/pages/health.aspx
Massachusetts	<p>Mass in Motion-Better Health. It’s Your Move (Provides information for Worksite Wellness Programs for employers and employees throughout the state, not necessarily for state employees only).</p>	http://www.mass.gov/massinmotion/
Michigan	<p>Working on Wellness (provides information to employees):</p> <ul style="list-style-type: none"> • Healthy Recipes • Weekly tips • Weight Loss • Tobacco Cessation • Well Resources • Wellness Council of America Bulletins 	<p>Employee Health and Wellness: (517) 373-7616</p> <p>MCSC-WOW-WorkingOnWellness@michigan.gov</p>
Mississippi	Provides Health and Wellness information on line, not necessarily only for state employees.	http://www.msdh.state.ms.us/msdhsite/_static/43,0,277.html
Montana	<p>State of Montana Healthy Employees Lifestyle Program (SOMHELP) for the health and well-being of employees, retirees, and their families:</p> <ul style="list-style-type: none"> • Health Promotion Programs • Fitness Programs 	<p>benefitsquestions@mt.gov</p> <p>(800) 287-8266</p>

	<ul style="list-style-type: none"> • Healthy Weight Programs • Newsletters 	
Nebraska	<p>Once enrolled in the Wellness PPO Plan, state employees receive:</p> <ul style="list-style-type: none"> • Health assessment • Biometric screenings • Walk This Way • Empowered Lifestyle Coaching • Condition Management Coaching • Feel like a Million-online game show recording daily activity 	<p>www.wellnessoptions.nebraska.gov</p> <p>1-866-956-4285.</p>
Nevada	<p>Once enrolled in the Public Employee Benefits Program Live Well, Be Well Prevention Plan, primary participants and their covered spouses and domestic partners receive:</p> <ul style="list-style-type: none"> • Online health risk appraisal • Comprehensive blood analysis • Personalized recommendations about preventive screening • Recommendations to improve your health 	<p>(877) 800-8144</p> <p>http://www.thepreventionplan.com/</p>
New Hampshire	<p>The State of New Hampshire Employee Wellness Program provides all state of New Hampshire employees and their families:</p> <ul style="list-style-type: none"> • Health Assessment Tools • Annual flu clinics • Tobacco cessation programs • Wellness Challenges • Health Fairs • Healthy Food/Drink Choices • Newsletters 	<p>Michael Loomis State Wellness Program Specialist (603) 271-4103 or michael.loomis@nh.gov</p> <p>http://admin.state.nh.us/wellness/index.html</p>
New Jersey	<p>The State of New Jersey offers state employees a choice of medical plans. Each plan offers health and wellness programs to employees.</p>	<p>http://www.state.nj.us/treasury/pensions/epbam/exhibits/handbook/hb0505.pdf</p>

New Mexico	The State of New Mexico offers state employees four different medical plans to choose from. Each plan offers health and wellness programs to employees.	http://www.generalservices.state.nm.us/rmd/benefits.html
New York	The State of New York offers state employees The Employee Health Service Program . Within this Program is Wellness Promotion which offers: <ul style="list-style-type: none"> • Voluntary medical screenings to assist individuals with maintaining good health • Health risk assessments • Health education • Basic life support/CPR training. 	http://www.cs.state.ny.us/ehs/index.cfm http://www.cs.state.ny.us/ssd/Manuals/SPMM/2600EmployeeServices/2605%20Introduction.htm
North Carolina	The State Employees of North Carolina Healthy Living Healthy Life living well, inside and out Wellness Program provides state employees with: <ul style="list-style-type: none"> • Central health information and service portal intended to offer health and wellness information • Connections to resources and connections to wellness partners • Announcements and advisements related to program offerings • Success stories and programs. 	http://www.osp.state.nc.us/Wellness/index.htm , Office of State Personnel: Main Number: (919)807-4800 The above website also provides links to the Eat Smart, Move More website and toolkit: http://www.eatsmartmovemorenc.com/NCHealthSmartTlkt/WorksiteTlkt.html
North Dakota	For state employees who are enrolled in the Blue Cross/Blue Shield of North Dakota Program , they can participate in the NDWellness Center . All other North Dakota state employees have access to wellness information on the ND Public Employees Retirement System website.	Blue Cross/Blue Shield Wellness Program: https://bcbsnd.embrace.healthways.com/wps/portal/MemberPortal/MemberLogin North Dakota Public Employee Retirement System http://www.nd.gov/ndpers/insurance-plans/employer-based-wellness.html
Ohio	All residents of the state of Ohio, not necessarily state employees, have access to the online Healthy Ohio Program which provides information on : <ul style="list-style-type: none"> • Tobacco Use Prevention • Healthy Weight (Obesity Prevention) • Physical Activity 	Healthy Ohio Program: http://healthyohioprogram.org/

	<ul style="list-style-type: none"> • Resources <p>Ohio residents may participate in the Take Charge! Live Well! Program if they are enrolled in a state health plan. The plan program provides:</p> <ul style="list-style-type: none"> • Health Assessments • Health coaching • Online lifestyle Programs • Health screenings • Incentives • Resources 	<p>Take Charge! Live Well! Program:</p> <p>http://tclw.das.ohio.gov/</p> <p>Phone: APS Healthcare: 1.866.272.5507</p>
Oklahoma	<p>The Oklahoma State Department of Health Employee Wellness Program , provides state employees:</p> <ul style="list-style-type: none"> • Smoking Cessation Programs • CPR classes • Stair climbers club • National Employee Health and Fitness Day • Classes • Weight Loss Programs • Massage therapy 	<p>http://www.ok.gov/health/Community_Health/Community_Development_Service/Health_Promotion/Wellness/index.html</p> <p>Contact Information: Phone: (405) 271-6127</p>
Oregon	<p>The State of Oregon Public Employee’s Benefit Board provides the following Health and Wellness programs:</p> <ul style="list-style-type: none"> • Weight Watchers Program • Fitness Club Discounts • Smoking Cessation Programs 	<p>http://oregon.gov/DAS/PEBB/index.shtml</p> <p>Phone: 503-373-1102</p>
Pennsylvania	<p>State employees can participate in the Get Healthy, Your Choice...Your Life Program were they will receive:</p> <ul style="list-style-type: none"> • Employee Health Assessment • Contribution Waiver • Access to wellness and disease management services and programs (information and 	<p>The Get Healthy, Your Choice...Your Life Program is operated by The Pennsylvania Employees Benefit Trust Fund (PEBTF),</p> <p>www.pebtf.org</p> <p>Telephone: Toll Free (800) 522-7279</p>

	support)	
Rhode Island	<p>The State of Rhode Island provides state employees the State Employee Wellness Initiative which offers:</p> <ul style="list-style-type: none"> • Weight Loss Program • Online tutorials • Nurseline • Healthy Pregnancy • Asthma, diabetes, Heart Failure information • Healthy Links • Wellness Champions 	<p>The Wellness Coordinator may be reached at (401) 222-6270</p> <p>http://www.wellness.ri.gov/Contact.php</p>
South Carolina	<p>The South Carolina Department of Health and Environmental Control Branch provides links to the South Carolina Worksite Initiative which provides:</p> <ul style="list-style-type: none"> • Links to various Chronic Disease Prevention Divisions and programs • S.C Worksite Toolkit and Resource Guide • Worksite Wellness Links • Work Healthy Tips • Quarterly Newsletter 	<p>http://www.dhec.sc.gov/health/chcdp/cvh/worksite.htm</p> <p>Teresa M. Robinson, MBA Worksite Coordinator (803) 545-4499 robinstm@dhec.sc.gov</p>
South Dakota	<p>All South Dakota state employees and their covered spouses can participate in the HealthyEmployee.sd.gov online wellness program that assists members in setting goals to become more physically fit and healthy.</p> <p>All South Dakotans can log onto Healthy South Dakota.gov for information on ways to become more physically active and eat healthier foods.</p>	<p>For State employees:</p> <p>https://healthyemployees.sd.gov/</p> <p>Phone: 1-605-773-3148</p> <p>For South Dakotans: http://www.healthysd.gov/</p>
Tennessee	<p>The state of Tennessee offers state employees Working Well Wellness Program, which provides:</p> <ul style="list-style-type: none"> • Health Screenings • Fitness center discounts • Weight management 	<p>http://www.tn.gov/finance/ins/sewp.html</p>

	<ul style="list-style-type: none"> • Tobacco Quit Support • Resources 	
Texas	The Building Healthy Texans website is the source for Texas state agency leaders and wellness planners to find resources to create effective and sustainable wellness programs for their agency.	http://www.wellness.state.tx.us/
Utah	The Utah Department of Health-Bureau of Health Promotion has developed a Health Resources for Employers, worksite, and industries.	http://health.utah.gov/worksitewellness/documents/Worksite_Resource_Guide2010.pdf which also provides a link to a worksite wellness toolkit.
Vermont	Vermont offers state employees the Vermont State Employees' Wellness Program which offers: <ul style="list-style-type: none"> • Wellness Screenings • Activity Program • Flu Vaccination Clinics • Workshops and Classes • Resources 	http://humanresources.vermont.gov/benefits/wellness Contact Maura O'Brien (802) 241-1534 maura.obrien@state.vt.us Marlene Poirier (802) 241-1536 marlene.poirier@state.vt.us
Virginia	The Commonwealth of Virginia offers state employees the Common Health program which provides: <ul style="list-style-type: none"> • Programs for better health • Access to discounts at fitness centers • Weight Watchers • Special Programs, like brown bag lunches and speakers. 	http://www.commonhealth.virginia.gov/aboutus.htm Contact Us Email: wellness@dhrm.virginia.gov
West Virginia	The West Virginia Public Employees Agency offers employees the Pathway to Wellness Program which offers a variety of workplace programs such as: <ul style="list-style-type: none"> • Health screens • Exercise programs • Nutrition programs • Health resources 	http://www.peiapathways.com/ PEIA Pathways to Wellness phone: 1-800-348-5307 email: pathwaysinfo@bebetter.net
Washington	King County employees and their families can	http://www.kingcounty.gov/employees/HealthMatters.aspx

	<p>participate in the Health Matters Wellness Program, which provides information on:</p> <ul style="list-style-type: none"> • Eat Smart • Move More • Stress Less • Quit Tobacco • Choose Well • Weight Management • Weight Watchers at Work • Gym Discount Program • Newsletter • Community Resources 	<p>E-mail: FocusOnEmployees@kingcounty.gov</p> <p>Phone: 206-205-5017</p>
Wisconsin	<p>State of Wisconsin employees have access to The Shape of Your State, Wisconsin Worksite Wellness web resource. Employees have access to:</p> <ul style="list-style-type: none"> • Physical health related materials • Mental health related materials • Information for Coordinators 	<p>http://shapeyourstate.wi.gov/category.asp?linkcatid=3277&linkid=1589&locid=168 jennifer.gebert@wisconsin.gov The Wisconsin Worksite Wellness Resource Kit is a resource you can use to help with your wellness program. http://www.dhs.wisconsin.gov/health/physicalactivity/Sites/Worksite.htm Select the link above to learn more, or to order a hard copy, contact jonathon.morgan@wisconsin.gov</p>
Wyoming	<p>The State of Wyoming provides employees with the WOW-Wyoming on Wellness Program. The website offers health related information and resources on:</p> <ul style="list-style-type: none"> • Being Active • Eating Right • Avoiding Risky Behaviors 	<p>http://wow.wyoming.gov/</p> <p>Contact Us: Tammy Till, Wellness Coordinator (307) 777-6716</p>

Linda L. Cowling, MPH, RD

CA Project LEAN

1616 Capitol Avenue, MS-7211

Sacramento, CA 95814

916-445-2973 (work)

916-552-9909 (fax)

Linda.Cowling@cdph.ca.gov