



FEDERAL OCCUPATIONAL HEALTH

FedStrive: Integrated Worksite Wellness

What is FedStrive?

FedStrive is a comprehensive and integrated worksite wellness program. Our program links into existing employee wellness efforts and provides management with meaningful reporting resources and tools that can lower employee health risks. Research has consistently demonstrated that healthy employees are happier and consequently more productive.

Can my Agency Participate in FedStrive?

Agencies that provide employee wellness, employee assistance and work life services are eligible to enroll.

What is the most important feature of FedStrive?

One of the key features of FedStrive includes the completion of the Health Risk Appraisal (HRA). Increased engagement in the HRA can result in behavioral changes that make employees healthier. Using enhanced promotional and social marketing strategies, FOH will work in partnership with your agency customers to help increase higher employee engagement in the HRA.

What will FOH provide?

FOH will provide quarterly and annual management reports that summarize health risks specific to your agency's employee population. FOH will develop targeted approaches to reduce health risks for your employees to ensure that your limited resources are spent in the most effective manner. FOH will also provide reports that align with Office of Personnel Management (OPM) guidelines. Federal managers can use this report to demonstrate progress related to worksite wellness.

What will Agency Management provide?

Agency management must demonstrate a commitment to create a "culture of wellness." This includes the establishment of a wellness committee and ongoing support to provide and promote employee wellness initiatives. The success of FedStrive at your worksite depends on vision of leadership that values employee worksite wellness.

What are some of FedStrive's highlights?

- Dedicated Website
- Get Fit at Work
- Tobacco Cessation Programs
- Employee Assistance Program (EAP)
- Onsite Health Clinics
- Health Risk Appraisals
- Health Education Classes
- Telephonic Lifestyle Coaching
- Work/Life Services
- Onsite Fitness Centers

What are the benefits?

- **Customized wellness solutions** offered as integrated suites of services or à la carte to complement existing agency programs
- **Comprehensive worksite wellness services** that align point-for-point with OPM guidelines
- **Expert staff** that provides industry leading wellness training and consultation that empowers managers and employees alike
- **Simple and flexible service delivery** using the Interagency Agreement (IAA)

"When I joined FedStrive my Cardiac Risk Profile assessment showed that I was at serious risk of becoming diabetic. With the results of two key assessments - the Health Risk Appraisal and the Cardiac Risk Profile - and armed with advice from consultation with a FedStrive nurse, I started biking to work and going to the fitness center. I lost 15 pounds in three months and started turning my health status around. Thanks, FedStrive!"

Federal manager

Fast Facts

- On average, companies report a savings of \$3.50 in absenteeism and healthcare costs for every \$1.00 invested when employees engage in worksite wellness programs.
- An organization saves approximately \$350 per employee per year by keeping healthy employees at low risk
- Preventable illnesses make up 70% of healthcare costs in the United States

800.457.9808

www.FOH.hhs.gov/FedStrive



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