



## FEDERAL OCCUPATIONAL HEALTH

# FedStrive Overview: Southwest Complex

### Welcome to FedStrive —Your Integrated Health, Wellness, and Work/Life Program

FedStrive, brought to you by the Department of Health and Human Services and Federal Occupational Health, is a comprehensive wellness program offered to Federal government employees at the Southwest Complex (Humphrey, Switzer, Cohen, Patriots Plaza, and 409 3rd Street buildings). The program features highly integrated services, each designed to help you improve your overall wellbeing and maintain a happy, healthy and fulfilled life.

### Take Advantage of These FedStrive Benefits Today

No matter what your personal health goals are, we'll provide the support and guidance you need to succeed.

**Health Risk Appraisal (HRA):** Providing a Snap Shot of Your Overall Wellness.

Get valuable information on your health status and take a step toward earning a free one-year membership to the Health and Wellness Center by completing your confidential HRA at [fedstrive.foh.hhs.gov](http://fedstrive.foh.hhs.gov).

**Fitness Activities:** Ways to Keep Your Heart Pumping and Endorphins High.

On-site fitness center and events to help enhance alertness, elevate mood, reduce stress, and improve health.

**Lifestyle Coaching:** Personalized Support To Help You Reach Your Goals.

One-on-one telephonic coaching to empower you to turn your "I want to be" into an "I am" lifestyle.

**Nutrition and Weight Management Support:** Motivation For Lifelong Changes.

Annual Team Lean Challenge, healthy menu options at the Humphrey Café, healthy vending options, and a seasonal farmers' market.

**Health Education Classes:** Meaningful Guidance to Keep You Informed.

Onsite and on-line seminars on Preventing Diabetes, Heart Health, Stress Reduction Techniques, Avoiding Holiday Weight Gain, Ergonomics, Resiliency and more.

**Tobacco Cessation Program:** Support When You Decide to Quit. Customized quit plan, free Nicotine Replacement Therapy products, group classes, and telephonic counseling.

## Why FedStrive?

- **Wellness profile** generated from your HRA
- **Tailored programs** customized for individual needs
- **Convenient access** to online tools and resources
- **Reinforcement and motivation** through seminars and fun health promotion activities

*"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 employee

## Fast Facts

- **Certified Staff** - FOH's fully certified Wellness/Fitness staff consists of highly qualified professionals that will help Federal employees get the most out of their customized wellness programs.
- **Experience** - Created in 1946, FOH is the occupational health provider of choice for the Federal government
- **Support** - available 24 hours a day, 7 days a week, 365 days a year

**888-9-iSTRIVE**  
**[fedstrive.foh.hhs.gov](http://fedstrive.foh.hhs.gov)**



**Fedstrive**

**Employee Assistance Program (EAP):** Counseling For You and Your Family.

Confidential counseling and follow-up support to assist with stress, depression, relationships, addictions, eating disorders and other concerns.

**Work/Life Services:** The Balance You Need To Manage Your Life.

Help with child care and parenting, adult care and aging, pregnancy and adoption, academics and special needs, relocation, home repairs, pet care, and more.

**Go Green HHS:** Programs to Help Us Be More Sustainable and Socially Responsible.

The 2010 HHS Sustainability Plan identifies ways to take care of yourself and the environment.

**OCCUPATIONAL HEALTH CENTERS**

Hubert H. Humphrey Building, Room G-215

Hours: 8:00 a.m. – 4:30 p.m., M-F

Wilbur J. Cohen Building, Room 1165A

Hours: 8:00 a.m. – 4:30 p.m., M-F

- First aid and emergency response
- Immunizations (Influenza, Tetanus, Pneumonia)
- Physician prescribed services
- Health education classes
- Health awareness programs:
- Smoking cessation
- Stress management
- Cancer risks
- Health screenings for:
- Diabetes, cholesterol
- Blood pressure
- Glaucoma, vision, and hearing
- Cardiac risk profile

**HEALTH AND WELLNESS CENTER**

Hubert H. Humphrey Building, Room 231-D

Hours: 5:00 a.m. – 9:00 p.m., M-F

- Free one-year membership for completing a health risk appraisal and cardiac risk profile.
- Competitive rates — \$24 per month
- One-on-one equipment orientation
- Personalized exercise prescriptions
- Body composition analysis

- Flexibility measurements
- Muscular strength/endurance measurements
- Sub-maximal aerobic capacity testing
- Group exercise classes
- Cardiovascular and strength training equipment

**EMPLOYEE ASSISTANCE PROGRAM (EAP)**

1-800-222-0364 / 1-888-262-7848 TTY

- Assessment, referral, and counseling for a variety of emotional, substance abuse, personal concerns, and traumatic events
- Management consultation regarding workplace issues that impact employee health and well-being
- Confidential counseling from licensed counselors
- Financial and legal services

**WORK/LIFE SERVICES**

888-9-iSTRIVE (888-947-8748)

24/7 personalized assistance by phone to provide guidance, referrals, and other relevant resources. Issues covered include:

- Adult care and aging
- Child care and parenting
- Education

**FEDERAL OCCUPATIONAL HEALTH**

*The Occupational Health Provider of Choice for the Federal Government.*

FOH is dedicated to its mission of improving the health, safety, and productivity of our Federal employees. Created by Congress in 1946, FOH is a non-appropriated service agency within the U.S. Department of Health and Human Services (HHS). FOH offers a full range of occupational health services—including Clinical, Wellness/Fitness, Employee Assistance Program (EAP), Work/Life, Organizational Development, and Environmental Health and Safety programs — exclusively to Federal employees. Visit FOH on the Web at [www.FOH.hhs.gov](http://www.FOH.hhs.gov).

**Want more information?**

Specialists are standing by to assist you day and night

- Call 888-9-iSTRIVE (888-947-8748)
- For TDD/TTY service, call 800-873-1322

Log in to [fedstrive.foh.hhs.gov](http://fedstrive.foh.hhs.gov)