



UNITED STATES OFFICE OF PERSONNEL MANAGEMENT  
Washington, DC 20415

Employee Services

Tuesday, July 19, 2016

**MEMORANDUM FOR: HUMAN RESOURCES DIRECTORS**

FROM: MARK D. REINHOLD, ASSOCIATE DIRECTOR, EMPLOYEE SERVICES

Subject: 2016 WellCheck Administration

I am pleased to announce that this fall, the U.S. Office of Personnel Management (OPM) will re-administer WellCheck (WC), an online assessment offered at no-cost to Federal agencies biannually to assess health and wellness programs. This evidence-based tool helps agencies determine how effective their worksite health and wellness programs are in developing a healthy workforce, and it is part of OPM's commitment to support agencies as specified in the June 23, 2014 Presidential Memorandum on [Enhancing Workplace Flexibilities and Work-Life Programs](#).

**BACKGROUND**

WC measures 131 evidence-based workplace strategies that impact health and wellness. In 2014, 291 worksites, from 36 different Federal agencies, participated in the WC assessment. On average, agencies scored the highest in addressing vaccine-preventable diseases, occupational health and safety, and tobacco-free living. Agencies had the most room for improvement in the areas of nutrition, lactation support, and organizational supports. More details are available in the [2014 WellCheck Results Memorandum](#).

**NEXT STEPS**

OPM's Work-Life team will contact agency Worksite Health and Wellness Coordinators, requesting the names of participating worksites and WC points of contact (POC) for each agency. New agencies and additional work locations are encouraged to participate in the 2016 WC administration. In advance of the survey administration, OPM will host a training session on how to complete the WC survey tool, share a copy of the data call questions, and provide guidance for WC POCs. WC will be open for POCs to complete from October-November 2016.

**ADDITIONAL INFORMATION**

If you have any questions regarding WC, you may contact Rachel St. John ([rachel.st.john@opm.gov](mailto:rachel.st.john@opm.gov)) or [worklife@opm.gov](mailto:worklife@opm.gov).

cc: Chief Human Capital Officers, Deputy Chief Human Capital Officers, Worksite Health and Wellness Coordinators, and the National Prevention Council