



UNITED STATES OFFICE OF PERSONNEL MANAGEMENT  
Washington, DC 20415

Employee Services

September 7, 2018

**MEMORANDUM FOR: Human Resources Directors**

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

Subject: 2018 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 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. Supporting employee health and wellness is highlighted in OPM's Federal Workforce Priorities Report and assists with Governmentwide efforts to improve employee engagement.

**BACKGROUND**

WC measures 131 evidence-based workplace strategies that impact health and wellness. In 2016, 361 worksites, from 42 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. WC measures strategies based on the known impact on individual health and health behavior

**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 2018 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 2018.

**ADDITIONAL INFORMATION**

If you have any questions regarding WC, you may contact Lucy Polk ([Lucy.Polk@opm.gov](mailto:Lucy.Polk@opm.gov)), Jeanessa Gantt ([Jeanessa.Gantt@opm.gov](mailto:Jeanessa.Gantt@opm.gov)) or [worklife@opm.gov](mailto:worklife@opm.gov).

cc: Chief Human Capital Officers (CHCOs), Deputy CHCOs, Council of the Inspectors General on Integrity and Efficiency, and Worksite Health and Wellness Coordinators