



UNITED STATES OFFICE OF PERSONNEL MANAGEMENT

Washington, DC 20415

Employee Services

Wednesday, May 23, 2018

MEMORANDUM FOR: HUMAN RESOURCE DIRECTORS

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

Subject: Promoting Wellness for Federal Employees; Employee Health and Fitness Month

Every May employers nationwide observe Employee Health and Wellness Month. The goal of this observance is to promote the benefits of a healthy lifestyle through worksite health promotion activities. The U.S. Office of Personnel Management (OPM) is pleased to share valuable resources and tools available to agencies as they continue to achieve this goal this month, and throughout the year.

Federal agencies have been creative in efforts to market activities that encourage employees and their families to live healthier and increase physical activity. The [2018 Federal Workforce Priorities Report](#) spotlights two agencies' efforts. In addition, other agencies collaborate and share ideas, post them on social media and reach more employees than ever before in an effort to motivate them to move and make healthy lifestyle changes. Agencies partner with health care providers and/or vendors for onsite blood pressure and body mass index (BMI) checks that provide important information and raise individual levels of awareness. Federal agencies are urged to highlight wellness this month and throughout the year by marketing available programs and services, offering a range of events and activities, such as health fairs, cooking demonstrations, fitness challenges/walks, and webinars.

The connection from wellness to employee engagement and productivity is well established. Both employees and agencies will benefit from reinforcing the importance of healthy living and a holistic approach to well-being through a variety of inclusive programs and services. Employers have a tremendous opportunity to help their employees see the value of adopting healthier behaviors.

Please see the attached list of resources available to help promote healthy workplaces, as well as [OPM's Work-Life Health and Wellness website](#). Contact worklife@opm.gov for additional assistance.

Attachment (see 508-conformant PDF below)