



## FEDERAL OCCUPATIONAL HEALTH

# FedStrive Overview: HRSA

### 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 HRSA employees. 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 a healthier you. Visit [FedStrive.foh.hhs.gov](http://FedStrive.foh.hhs.gov).

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

Strategic guidance for creating, maintaining, and invigorating a safe and healthy exercise program; online access to exercise readiness assessment tool and fitness logs; and informative resources in the Health Article Library.

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

Online weight and food tracking tools, Take the Stairs Campaign, Lighten Up! program series, Weight Watchers® at Work program, and educational resources in the Health Article Library.

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

Brown-bag seminars during lunch hours on Preventing Diabetes, Heart Health, Stress Reduction Techniques, Avoiding Holiday Weight Gain, Ergonomics, Resiliency, and many other topics.

**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.

## 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 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

[FedStrive.foh.hhs.gov](http://FedStrive.foh.hhs.gov)



**Fedstrive**

**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.

**Lactation Program:** Support for Nursing Mothers.

Access to room 24/7; complimentary pumps and refrigerator available. Contact nurse for details.

## **OCCUPATIONAL HEALTH CENTER**

Parklawn Health Center, Room 6-05

Hours: 7:30am – 4:00pm

(closed for clinical services 12:00 - 12:30pm), M-F  
(301) 443-1238

- First aid and emergency response
- Immunizations (Influenza, Tetanus, Pneumonia)
- Physician prescribed services
- Health education classes
- Health awareness programs; and
- Health screenings (Diabetes, Cholesterol, Blood Pressure, etc.)

## **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
- Management consultations for workplace issues that impact employee health and well-being
- Financial and legal services

## **WORK/LIFE SERVICES**

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

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

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

## **Health Risk Appraisal: Knowledge Equals Power**

Before starting the journey to a better you, you have to have a starting point. The Health Risk Appraisal (HRA) is just the kickoff you need. Knowing your current health and wellness status gives you the power to monitor the right risk factors and make the necessary lifestyle changes to reach your goals. Take control of your health by taking the first step toward improving it.

To complete your HRA, visit [FedStrive.foh.hhs.gov](http://FedStrive.foh.hhs.gov). Please be assured that taking the HRA is voluntary and confidential.

## **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?**

Log in to **FedStrive.foh.hhs.gov**