

USAF WELLNESS SUPPORT






What is Civilian Health Promotion Services? (CHPS)

Objectives

- History of CHPS
- Alignment with CAF
- Benefits of worksite wellness program
- Description of services offered by CHPS
- Eligibility to participate with CHPS
- CHPS location and contact information

How It All Began

- Air Force Materiel Command Policy Memo established Civilian Health Promotion Services (CHPS) in JAN 2005
- Program Goal: Sustain a safe, healthy, fit and ready workforce
- Program Operations: Mobile worksite wellness program providing services within the unit/organization
- Program Expansion: Pilot at Air Mobility Command began 2016



DEPARTMENT OF THE AIR FORCE
HEADQUARTERS AIR FORCE MATERIEL COMMAND
WRIGHT-PATTERSON AIR FORCE BASE OHIO


MEMORANDUM FOR ALHQCTR/CC
ALINST/CC
ALHQSTAFF

JAN 03 2005

FROM: AFMC/CC
4375 Chidlaw Road
Wright-Patterson AFB OH 45433-5001

SUBJECT: AFMC Civilian Wellness Program--Civilian Health Promotion Services

1. We're making progress on our goal to "Sustain a safe, healthy, fit, and ready work force." A key step in implementing a quality program for our AF Civilian work force is to provide a method for our employees to "baseline" their current physical condition, get professional advice on achieving improvements, and monitor their progress towards better health. We are now rolling out the program to do this--we have developed and funded an AFMC-wide agreement with Federal Occupational Health (FOH) to provide Civilian Health Promotion Services (CHPS) for our AF Civilians. This is a major step in our efforts to improve the physical well-being of our AF Civilians. Our next target will be facilitating fitness by providing duty time for AF Civilians--we'll push that out to you in the near term.
2. FOH CHPS will allow AF Civilian participants to monitor their own health through an annual physical health assessment. An annual Health Fair and educational classes will be provided by FOH staff at each AFMC installation. Additional CHPS information is attached.
3. Utilization of these services is strictly voluntary, but highly encouraged. AF Civilians will be allowed to participate in this program during duty time with supervisory approval, based on mission requirements. This is a management/union partnership initiative overseen by the AFMC/AFGE Partnership Council. Therefore, bargaining obligations for AFGE Council 214 members have been fulfilled at the command level. Activities with local bargaining obligations should proceed with local negotiations as appropriate.
4. Improving the health and fitness of AF Civilians and military members in this command is the right thing to do and, a top priority. However, this effort will not succeed without support and encouragement for participation at all levels. Please ensure this happens. My points of contact for this policy are Ms. Jane Hostler, HQ AFMC/DPCL, DSN 986-2822, jane.hostler@wpaib.af.mil, and Maj John Leitnaker, HQ AFMC/SGPP, DSN 787-6938, john.leitnaker@wpaib.af.mil.



GREGORY S. MARTIN
General, USAF
Commander

Attachment:
Wellness Program Guidance w/Atch

Comprehensive Airman Fitness (CAF)



Benefits of CHPS Program

Individual Benefits:

- Improved healthy lifestyle behaviors
- Lower risk for disease
- Improved overall well-being

Organizational Benefits:

- Increased productivity
- Increased job satisfaction and employee moral

Civilian Health Promotion Services

- All CHPS services are free and available to the federal civilian workforce with most also available to Active Duty personnel
 - Wellness Screenings
 - Cardiac Risk Profile (cholesterol, triglycerides, blood sugar)
 - Blood Pressure
 - Body Composition Analysis
 - Health Education Classes
 - Health Awareness Campaigns
 - Wellness Challenges
 - USAF Wellness Support Website
 - Health Risk Assessment (HRA)



CHPS: Wellness Screenings

Cardiac Risk Profile (CRP) and Blood Pressure

- Can help identify risk factors early, which aids in detecting and preventing serious health conditions
- Screening is accurate with quick results for cholesterol, triglycerides, blood sugar, and blood pressure
- Fasting for 9-12 hours is recommended for best results
- CRP screening is available to federal civilians once a year
- BP screenings are unlimited and available to federal civilians and active duty

**Do you know
YOUR numbers?**



CHPS: Wellness Screenings

Body Composition Analysis

- Transportable InBody 270 machine
- Uses multi-segmental bioelectrical impedance analysis for a fast and accurate measurement
- Measures:
 - Weight
 - Skeletal muscle mass
 - Percentage of body fat
 - Total body water
 - Basal metabolic rate



CHPS: Health Education Classes

- CHPS offers over 70 classes on a variety of topics
 - Nutrition
 - Physical activity
 - Sleep
 - Chronic diseases
 - and more!
- Find the CHPS event calendar online at USAFwellness.com
- Contact your local CHPS office at anytime to plan a health education class at your worksite



CHPS: Virtual Services

- Stay informed from a distance with our expanded service offerings on virtual platforms
 - Individual Health and Wellness Consultations
 - Talk with CHPS about your healthy lifestyle goals and get assistance with healthy eating, physical activity, stress management and more
 - Virtual Health Education Classes
 - Monthly calendar of classes offered and CHPS can schedule private sessions for your organization
 - CHPS Video Library
 - Located at USAFwellness.com to easily access health education content at your convenience 24/7



CHPS: Health Awareness Campaigns

- Health awareness campaigns are designed to:
 - Raise awareness of health issues
 - Learn new lifestyle behaviors to reduce health risks

AFMC WELLNESS SUPPORT CENTER
Wellness is an Advantage

PREVENTING HEAT ILLNESS

Heatstroke is not a joke and it can be fatal. When the body overheats, it can lead to serious complications.

- Stay hydrated and sip water as you go. Avoid alcohol and caffeine.
- Wear loose-fitting, light-colored clothing.
- Do a pre-hydration.
- Take regular breaks in the shade.
- Never consume alcohol.
- Closely monitor those who are getting ill, including children, the very young, and people with chronic health conditions.
- Stay alert for heat-related symptoms that include:
 - Headache
 - Nausea
 - Dizziness
 - Confusion
 - Loss of consciousness

Employee Assistance Program
1-800-222-0364
FPMHS.com

Military OneSource
1-800-342-9647
militaryonesource.mil

AFMC WELLNESS SUPPORT CENTER
Wellness is an Advantage

COMBATING LONELINESS

IF YOU STRUGGLE WITH LONELINESS YOU'RE NOT ALONE

Loneliness is a major threat to Americans' mental, physical and emotional health. Support services to help overcome loneliness are available through the Employee Assistance Program and Military OneSource.

Employee Assistance Program
1-800-222-0364
FPMHS.com

Military OneSource
1-800-342-9647
militaryonesource.mil

AFMC WELLNESS SUPPORT CENTER
Wellness is an Advantage

OPIOID PAIN MEDICATION

Talk with your physician about the risks and benefits of prescription opioids. If you or someone you know is struggling with opioid pain medications, confidential consultations and referrals are available for AF civilian employees, members of the military, and their family members. Services are available 24 hours a day, 7 days a week.

Employee Assistance Program
1-800-222-0364
FPMHS.com

Military OneSource
1-800-342-9647
militaryonesource.mil

AFMC WELLNESS SUPPORT CENTER
Wellness is an Advantage

AVOIDING BURNOUT

Job burnout is a mixture of stress, exhaustion and long-term disillusionment. Support resources to help prevent and treat job burnout are available through the Employee Assistance Program and Military OneSource.

Employee Assistance Program
1-800-222-0364
FPMHS.com

Military OneSource
1-800-342-9647
militaryonesource.mil

Services are available 24 hours a day, 7 days a week to provide confidential assistance.

AFMC WELLNESS SUPPORT CENTER
Wellness is an Advantage

CANCER PREVENTION AWARENESS

WHAT IS YOUR RISK?

1 in 14
LUNG CANCER LIFETIME RISK

1 in 20
COLORECTAL CANCER LIFETIME RISK

Healthy lifestyle behaviors can reduce your risk for developing lung and colorectal cancer.

Consultation not called. **SAVE YOUR LIFE**

Talk with your doctor about it, and how often screening is recommended for you.

Employee Assistance Program
1-800-222-0364
FPMHS.com

Military OneSource
1-800-342-9647
militaryonesource.mil

CHPS: Wellness Challenges

- CHPS Wellness Initiatives are designed to:
 - Raise awareness of health issues
 - Learn new lifestyle behaviors to reduce health risks
 - Provide opportunities to practice new behavior skills

AFMFC WELLNESS SUPPORT CENTER
Wellness Near & Far

Ready Set Summer

Physical Activity Challenge

Open to DoD Civilians and Active Duty

Goal: To encourage participants to increase activity for DoD contractors and their families.

Enroll online at AFMFCwellness.com 11 - 21 APR

Attend an AFMFC class or join CHPS 12 - 31 APR

Attend the CHPS class titled "Energy, Power and Movement" and document physical activity minutes 22 APR - 12 MAY

Attend an AFMFC class with CHPS 19 - 31 MAY

Enrollment Award: Participants who attend all AFMFC classes and complete their CHPS goal will receive a FREE Strong Core & Back Kit.

For more information visit the online AFMFC Wellness Support Center at AFMFCwellness.com or contact your local CHPS team.

AFMFC WELLNESS SUPPORT CENTER
Wellness Near & Far

Spring Into Shape Challenge

Open to DoD Civilians and Active Duty

Goal: To encourage participants to increase activity for DoD contractors and their families.

Enroll online at AFMFCwellness.com 11 - 21 APR

Attend an AFMFC class or join CHPS 12 - 31 APR

Attend the CHPS class titled "Energy, Power and Movement" and document physical activity minutes 22 APR - 12 MAY

Attend an AFMFC class with CHPS 19 - 31 MAY

Enrollment Award: Participants who attend all AFMFC classes and complete their CHPS goal will receive a FREE Foam Roller and Enrollment Award.

Sign up begins March 20th at AFMFCwellness.com. Federal Civilians and Active Duty are eligible to participate.

AFMFC WELLNESS SUPPORT CENTER
Wellness Near & Far

FREEZE THE GAIN

Open to DoD Civilians and Active Duty

Goal: To encourage participants to increase activity for DoD contractors and their families.

Enroll online at AFMFCwellness.com 11 - 21 APR

Attend an AFMFC class or join CHPS 12 - 31 APR

Attend the CHPS class titled "Energy, Power and Movement" and document physical activity minutes 22 APR - 12 MAY

Attend an AFMFC class with CHPS 19 - 31 MAY

Enrollment Award: Participants who attend all AFMFC classes and complete their CHPS goal will receive a FREE Calorie FAT's and Enrollment Award.

For more information visit the online AFMFC Wellness Support Center at AFMFCwellness.com or contact your local CHPS team.

AFMFC WELLNESS SUPPORT CENTER
Wellness Near & Far

Be Active TEAM CHALLENGE

Open to DoD Civilians and Active Duty

Goal: To encourage participants to increase activity for DoD contractors and their families.

Enroll online at AFMFCwellness.com 11 - 21 APR

Attend an AFMFC class or join CHPS 12 - 31 APR

Attend the CHPS class titled "Energy, Power and Movement" and document physical activity minutes 22 APR - 12 MAY

Attend an AFMFC class with CHPS 19 - 31 MAY

Enrollment Award: Participants who attend all AFMFC classes and complete their CHPS goal will receive a FREE Be Active Kit and Enrollment Award.

For more information visit the online AFMFC Wellness Support Center at AFMFCwellness.com or contact your local CHPS team.

AFMFC WELLNESS SUPPORT CENTER
Wellness Near & Far

RECESS!

PHYSICAL ACTIVITY CHALLENGE

Open to DoD Civilians and Active Duty

Goal: To encourage participants to increase activity for DoD contractors and their families.

Enroll online at AFMFCwellness.com 11 - 21 APR

Attend an AFMFC class or join CHPS 12 - 31 APR

Attend the CHPS class titled "Energy, Power and Movement" and document physical activity minutes 22 APR - 12 MAY

Attend an AFMFC class with CHPS 19 - 31 MAY

Enrollment Award: Participants who attend all AFMFC classes and complete their CHPS goal will receive a FREE Recess Kit and Enrollment Award.

For more information visit the online AFMFC Wellness Support Center at AFMFCwellness.com or contact your local CHPS team.

USAF Wellness Support Website

USAFwellness.com

- Track daily workouts, steps, calorie food intake and burn
- Access the Health Library for a wide variety of health information and videos
- Link information you already track from sites/apps like Fitbit® and MyFitnessPal™
- Daily Pursuits available to have a small daily goal to achieve
- Form alliances with friends and co-workers for support

The screenshot displays the USAF Wellness Support Website interface, organized into several main sections:

- FAVORITES:** A sidebar menu with categories like Blood Panel, Questionnaires, Documents, In Body Measurements, and Health Library. The Blood Panel shows 'No Records' and a 'View Full History' link. The Documents section lists 'IMPORTANT DOCUMENTS' such as Physician's Report Form, Wellness Profile Certificate, Signed Consent Form, Civilian Fitness Time, Comprehensive Airman Fitness, EAP Contact Information, and Sleep Health. The In Body Measurements section shows 'RESULTS FROM NOV 26' for Weight, Skeletal Muscle Mass, Fat Mass, Total Body Water, BMI, % Body Fat, and Basal Metabolic Rate. The Health Library includes a search bar.
- NEWS AND ANNOUNCEMENTS:** A central column featuring three news items:
 - CIVILIAN HEALTH PROMOTION SERVICES:** A message from Air Force Civilian Health Promotion Services (CHPS) welcoming users to the new wellness portal.
 - WRIGHT-PATTERSON CHPS:** Contact information for Wright-Patterson Air Force Base, including address (2690 C Street Area B, Building 571, Room 152, WPAFB, OH 45433), phone number ((937) 904-9359), and coordinator email (sara.roamos.ch@mail.mil).
 - HAVE YOU HEARD THE NEWS ABOUT EAP?:** A notice about a new number and look for the Employee Assistance Program (EAP) service.
- DAILY PURSUITS:** A section for daily goals, currently featuring a 'KICK BACK' pursuit. The goal is to stretch hamstrings by doing a kick stretch (one leg out in front, then sit back on the back leg, pushing hips up and back). A note states: 'This Pursuit requires 1 hamstring stretch within 2 days.' Below the goal are buttons for 'Accept This Pursuit', 'Try Another', and 'Choose My Own'.
- MILESTONES:** A section at the bottom showing 'Working On' milestones.
- CHRONICLES:** A right-hand sidebar for social connections, titled 'CONNECT WITH US'. It features a Facebook icon and two '10 Allies' milestones, each with a '10 Allies Milestone' badge and a 'CONNECT WITH US' button.

Health Risk Assessment (HRA)

- Take the online personalized health assessment to learn more about your current health status
- Your wellness profile will identify potential health risks and how to avoid them

WELLNESS PROFILE INFORMATION

Congratulations on completing your Wellness Profile!

Your results are shown below. The Relative Lifestyle Risk score summarizes your current health status. You can revisit your results anytime by clicking Wellness Profile from the left menu. If your Relative Lifestyle Risk is *Low*, keep up the great work! If your results highlight areas of risk, take the time to identify changes you can make in your daily life that will positively impact your health. Not sure where to start? Consider consulting a health professional for further direction. Click a topic in the list below to see more information about your result, how it was determined, and access any available additional educational resources.

WELLNESS PROFILE RESULTS

Relative Lifestyle Risk: **Moderate** ⓘ

Topic	Nov 21	Aug 27 2018	Jun 28 2017
Self Rating	✓	✓	✓
Medical Status	✓	✗	✗

Summary

- CHPS is a free mobile worksite wellness program – we can come to you!
- Federal Civilian Employees are eligible for **ALL** CHPS services
- Active Duty members are eligible for most services
- Visit USAFwellness.com frequently for the most current event calendar at your site

Contact CHPS at anytime to schedule a health and wellness event in your worksite location!

Participate with CHPS

Visit USAFwellness.com

- Access health & wellness features 24/7
- Take a Health Risk Assessment
- View the CHPS Video Library and local CHPS event calendar
- Track and sync exercise and nutrition info from apps/wearables like Fitbit® and MyFitnessPal™
- Form alliances and message with friends and co-workers to create support

Wellness Services

- Wellness Screenings
 - Cardiac Risk Profile
 - Blood Pressure
 - Body Composition
- Health Education Classes (in-person and virtual offerings)
- Virtual One-on-One Health and Wellness Consultation
- Wellness Challenges

If you have any questions or would like to schedule an appointment, please contact:

Michele.d.decker.ctr@mail.mil

