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 ALHOSTAFF

JAN 0 3 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--well 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@wpatb.af.mil, and Maj John Leitnaker, HQ AFMC/SGPP, DSN 787-6938, john.leitnaker@wpatb.af.mil.

GREGOR 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



CHPS: Wellness Screenings

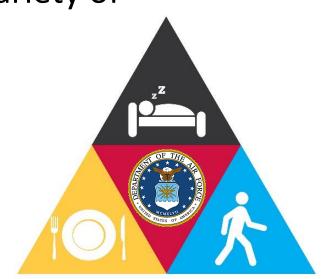
Body Composition Analysis

- 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

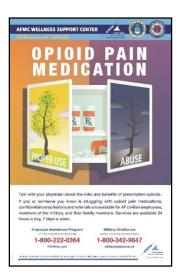


CHPS: Health Awareness Campaigns

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









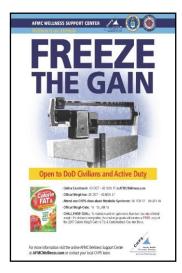


CHPS: Wellness Challenges

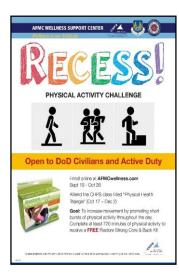
- CHPS Wellness Initiatives are designed to:
 - Raise awareness of health issues
 - Learn new lifestyle behaviors to reduce health risks
 - Provide opportunities to practice new behavior skills







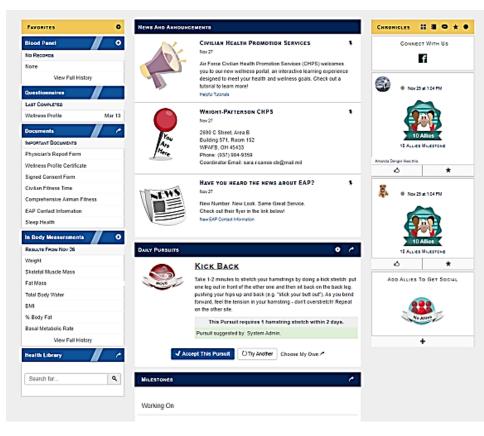




USAF Wellness Support Website

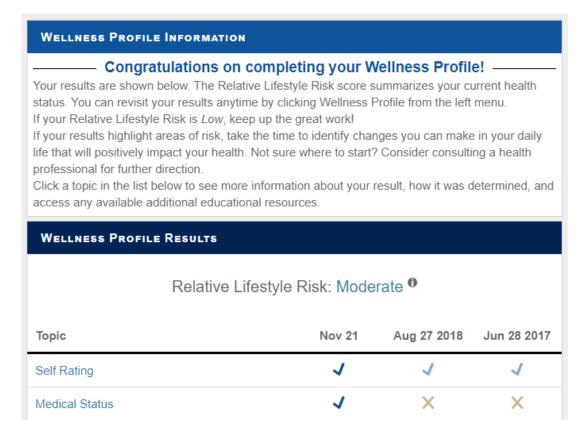
USAFwellness.com

- 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



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



Summary

- CHPS is a free mobile worksite wellness program we can come to you!
- Federal Civilian Employees are eligible for <u>ALL</u> CHPS services
- Active Duty members are eligible for most services
- Visit <u>USAFwellness.com</u> 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

