



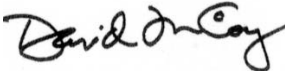
**STATE OF NORTH CAROLINA
OFFICE OF STATE BUDGET AND MANAGEMENT**

MICHAEL F. EASLEY
GOVERNOR

DAVID T. MCCOY
STATE BUDGET DIRECTOR

March 12, 2008

MEMORANDUM

TO: All Department Employees
FROM: David McCoy 
RE: OSBM Worksite Wellness Policy

On February 1, 2008, the Office of State Personnel (OSP) adopted a new Worksite Wellness Policy that provides a foundation for agencies to create worksite wellness programs for their employees. The policy addresses many of the barriers that have limited wellness programs for state employees, and it outlines how these wellness programs may be organized to incorporate wellness into the workplace. Wellness committees within each department will be charged with:

- Providing support and opportunities in the workplace for physical activity, healthy eating, tobacco cessation, and stress management,
- Increasing employees' awareness of healthy lifestyle choices, and
- Promoting resources and benefits, like the State Health Plan's tobacco cessation pharmacy program.

The OSP policy is available on the OSP website:

<http://www.osp.state.nc.us/manuals/man8-9.html>.

The North Carolina State Health Plan has developed resources to assist agencies in the development of effective worksite wellness programs for their employees. It can be found at: www.shpnc.org/worksite-wellness.html.

I am very pleased to announce that Jennifer Wimmer will serve as Wellness Leader for our office. Jennifer and I are committed to creating a strong worksite wellness program for OSBM and ask that you join with us in supporting this important effort to promote health and wellness in the workplace. More information about the Worksite Wellness Program will be forthcoming.

Thank you.