FedStrive Overview

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 government employees. The program features highly integrated services designed to help you improve your overall wellbeing and maintain a happy, healthy and fulfilled life. Specific services offered may vary by location and are determined by your agency. For information regarding additional services, please contact 1.800.457.9808.

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 Appraisal (HRA): Providing a Snap Shot of Your Overall Wellness and Ways to Improve It.

Get valuable information on your health status by completing your confidential HRA at fedstrive.foh.hhs.gov.

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

On-site fitness center and events to help enhance alertness, elevate mood, reduce stress, and improve health.

Lifestyle Coaching: Personalized Support To Help You Reach Your Goals.

One-on-one telephonic coaching to empower you to turn your “I want to be” into an “I am” lifestyle.

Nutrition and Weight Management Support: Motivation For Lifelong Changes.

Annual health and wellness challenges, healthy vending options, and a seasonal farmers’ market.

Health Education Classes: Meaningful Guidance to Keep You Informed.

Onsite and online seminars on Preventing Diabetes, Heart Health, Stress Reduction Techniques, Avoiding Holiday Weight Gain, Ergonomics, Resiliency and more.

Tobacco Cessation Program: Support When You Decide to Quit.

Customized quit plan, free Nicotine Replacement Therapy products, group classes, and telephonic counseling.
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.

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.

Dedicated Web Site: Your Online Health and Wellness Hub.
Features secure and confidential access to an interactive set of tools and resources 24 hours a day, 7 days a week, including:
- HRA: A valuable snapshot of your overall health status
- Tracking tools (blood pressure, food logs, exercise programs)
- Assessment and wellness tools; and
- Health Article Library

Basic Life Support Services: Ensuring That You Are Ready to Respond to Cardiac Arrests.
Access to automated external defibrillator (AED) programs that are suited to your agency, including AED/cardiopulmonary resuscitation training for staff.

Environmental Health Services: Aligning with OSHA Standards.
Evaluation of your existing occupational safety and health programs and offered solutions to reduce job-related injuries and illnesses.

OCCUPATIONAL HEALTH CENTERS
- Walk-in Care:
  - Immunizations (flu, tetanus, pneumonia)
- Health awareness programs:
  - Smoking cessation
  - Stress management
  - Cancer risks
- Health screenings:
  - Diabetes, cholesterol
  - Blood pressure
  - Glaucoma, vision, and hearing
  - Cardiac risk profile

FITNESS CENTER (where available)
- One-on-one equipment orientation
- Personalized exercise prescriptions
- Body composition analysis
- Flexibility measurements
- Muscular strength/endurance measurements
- Sub-maximal aerobic capacity testing
- Group exercise classes
- Cardiovascular and strength training equipment

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
- 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. Issues covered include:
- Adult care and aging
- Child care and parenting
- Education

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.

Want more information?
Log in to fedstrive.foh.hhs.gov