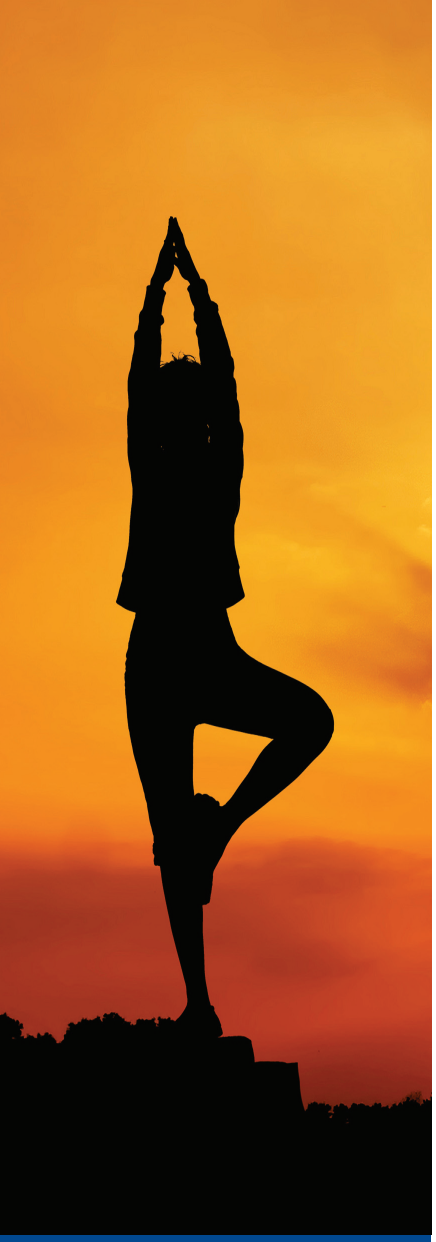
USAID FROM THE AMERICAN PEOPLE

STAFF CARE PROGRAM
Connect. Strengthen. Thrive.



USAID Staff Care Wellness Program

How to Participate: *The entire USAID workforce* of every-hiring mechanism is encouraged to participate in any and all of the program offerings!

Begin by signing up and completing your health risk assessment at-
https://wellnessstaffcare.usaid.gov.

Well-Being

Health Risk Assessment (HRA)

The HRA is a detailed and fully personalized assessment tool that offers insight and control of one's health. HRA covers common medical conditions, a cardiovascular heart disease risk profile, exercise and dietary habits, substance abuse, psychological and spiritual state, readiness for change, and more.

USAID Lactation Program

The Lactation Program offers a variety of support for nursing mothers, including access to a clean, private place to express breast milk in all USAID headquarter buildings and assistance in accessing or obtaining a breast pump. There are lactation consultants available 24/7 by calling **1-877-988-7243**. We can support your Mission in identifying and setting up a room with equipment.

Quiet Rooms

Designated quiet rooms are located in all USAID headquarter buildings and the USAID Staff Care Service Center. They are designed for relaxation, reflection, and meditation. Various resources are available, including relaxing music, comfortable seating, yoga mats, and yoga pillows. We can support our Mission in identifying and setting up a room with equipment and materials.

Ronald Reagan and Potomac Yard Health Units and Fitness Center

The Health Units and fitness facilities are available free-of-charge to address your healthcare needs. In the Health Units, nurses are on-site to complete assessments of your blood glucose levels, weight and blood pressure, general first-aid, as well as provide free influenza vaccinations (while supplies last). The fitness facilities offer a wide range of exercise equipment, group exercise classes, locker rooms, and showers. All hiring mechanisms are able to access the health units and fitness facilities while you are in Washington, DC for trainig or TDY.

Healthy Lifestyle

Workshops and Presentations

These health education workshops will span topics from knowing the importance of biometric screening values, starting an exercise routine, making healthy nutrition choices, etc. They are offered both on-site and virtually through our wellness website. Call-in information and presentation materials will be provided. Enroll on the website to find out when they are offered.

Team Lean Challenge

The Team Lean Challenge is a program where employees compete in teams to accomplish their weight loss goals, individually and as a team. Participants will virtually weigh-in and log their weekly weight into the website challenge log for the duration of the challenge. It helps employees improve other healthy lifestyle behaviors including nutrition, sleep, and stress management.

Team Pedometer Challenge

The Team Pedometer Challenge is a program where employees compete as part of a team to increase their daily steps, and 'out-walk' their competition. Employees are encouraged to form teams or you may register individually and be assigned to a group. All participants will be provided a pedometer and must log their steps into the website challenge log for the duration of the challenge.

Walking/Running Groups

Lunch time walk/runs are a great way to increase your physical activity during the workday. Contact the Wellness Program to find out when they occur or how to start a group of your own. We can support your office or Mission with guidance or resources for starting your own program.

Staff Care
Wellness Fitness Team
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