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May 4, 2006

TO: Executive and Small Agency Cabinet  
FROM: Governor Christine O. Gregoire  
SUBJECT: Wellness Where We Work

By now you have heard from Mary Selecky and Steve Hill about the work done by the department of Health and the Health Care Authority to establish an employee wellness program – Washington Wellness Works.

Washington Wellness Works will let us work together to improve the health of Washington's employees, retirees and their families.

This program fits with my goal for the state to become a model employer. One way to bring attention to this effort is to create a culture of wellness that maintains Washington's global competitiveness, reduces health care costs and offers our employees healthy futures.

We can help by facilitating healthy activities, implementing a model program and influencing policies to improve our health and productivity.

Washington Wellness Works will begin with the Health Risk Assessment questionnaire. The Uniform Medical Plan (UMP) has worked with the Health Promotion Research Center at the University of Washington to design this online health questionnaire that they will distribute to UMP enrollees later this summer. Other health plans will provide similar tools throughout the fall.

All information gathered will be kept confidential and will not be shared with anyone. Data from all the questionnaires will be combined to give a snapshot of the health of the population as a whole.

I plan on taking UMPs Health Risk Assessment and I encourage you to participate as well.

In the next few days you will receive an email from Steve Hill with instructions and a link to the questionnaire. Please take 20-25 minutes to assess your health and help us move Washington Wellness Works forward.

Thanks.

