



Program Support Center

FEDSTRIVE

One-Stop Health and Wellness Resource

Federal agencies have unique occupational health and wellness needs. In order to create programs to support workforces, program administrators outsource multiple companies for worksite programs and services only to provide employees conflicting advice, adding little or no value.

This piece-meal approach results in agencies dedicating time and resources to maintain individual contracts rather than focusing on core missions, and spending critical budgets for overlapping services and programs that may not resonate with staff. Employees, as well, are burdened to mix and match disparate resources only to receive differing advice which could increase their probability of chronic health conditions, add higher out-of-pocket medical and pharmacy costs, increase pain and suffering, lower quality of life, decrease personal effectiveness on and off the job, and more importantly, prevent them from receiving the help they need to be more productive and reduce time away from the office.

The **Program Support Center (PSC)**, through its **Federal Occupational Health (FOH)** services, offers *FedStrive*, a multifaceted wellness program reinforced by a supportive workplace culture to support individual employee lifestyle change.

Creating a Culture of Health

PSC *FedStrive* works with customers to create a culture of health within their workplace. The program is designed to reduce unhealthy lifestyle practices such as smoking, physical inactivity, unhealthy diets, and alcohol abuse to improve individual health, workplace wellness, and outside of the office productivity. PSC *FedStrive* also includes polices supporting healthy lifestyles and creating a positive work climate.

Benefits for Agencies:

- Build a healthier, productive workforce
- Lower direct and indirect health-related costs
- Offer Employee Viewpoint Survey — employer of choice

Benefits for Employees:

- Receive more independence/health
- Lower medical costs
- Boost energy and vitality
- Increase life and job satisfaction
- Access an integrated services delivery model

ABOUT PSC

The Program Support Center (PSC) is the largest multi-function shared service provider to the federal government. Hosted by the U.S. Department of Health and Human Services (HHS), PSC provides our customers support services focused on their needs — so they can focus on their core missions.

Established 20 years ago to reduce HHS's annual spending and to increase the quality of its administrative services, PSC today offers over 40 services to HHS and other federal agencies. PSC operates on a competitive fee-for-service basis in four key markets: administrative operations, real estate and logistics, financial management and procurement, and occupational health.

In 2001, PSC acquired Federal Occupational Health (FOH). Created by Congress in 1946, FOH has over 70 years of experience serving federal employees and their families worldwide to improve their health, safety, and productivity.



For more information contact
(301) 492-4600
www.psc.gov

FEDERAL SHARED SERVICES

Accounting Services

Accounting
Debt Collection
Financial Reporting

Acquisition Management Services

Acquisitions

Behavioral Health Services

Employee Assistance Program
Organizational Development and Leadership
Psychological Testing and Evaluation Program
Work / Life Programs

Building Operations Services

Facilities Operations and Maintenance
Room Management
Shredding

Clinical Health Services

FedStrive
Health Clinics
Medical Employability
Medical Surveillance
Workers Compensation Management

Environmental Health and Safety Services

Automated External Defibrillator
Environmental Health and Safety

FedResponse Services

Customer Contact Center

Grants Finance and Administration Services

Grants Management
Indirect Cost Negotiations

Mail and Publishing Services

Departmental Forms Management
Digital Document Management
Graphic Arts
Mail Operations
Mail Screening
Printing Program Management
Section 508 Compliance

Real Property Management Services

Real Estate Strategy
Real Property Disposal
Space Design and Construction

Supply Chain Management Services

Labor and Moving
Medical Supply Fulfillment
Personal Property Disposal
Personal Property Management
Publications Fulfillment
Storage

Transportation Services

Fleet Operations
Transit Subsidy Program Management
Travel Program Management

Wellness and Health Promotion Services

Wellness and Fitness

Programs Designed for Every Agency Needs

From over 70 years of providing occupational health services to federal agencies and their employees, PSC created *FedStrive* service at various levels to accommodate each agency's unique needs. Each level can be easily implemented as a turnkey service, seamlessly integrated with existing health and wellness programs, or completely customized according to the specific needs of our customer's employees.

- **Premium:** Full-service, on-site and online health and wellness consultative programs with access to nearly 300 clinics located nationwide, and over 3,000 registered health professionals.
- **Advantage:** On-site and online health and wellness programs with access to registered health professionals.
- **Prime:** On-site and online health and wellness programs to promote a healthier lifestyle.
- **Virtual:** Online resources and tips to help manage and reach a healthier and more balanced life.

Individualized Health Risk Appraisals

All PSC *FedStrive* participants have access to online health risk appraisals (HRA) providing a snapshot of their current state of health. Employees simply complete an online questionnaire, and they receive a customized, individualized report with self-management tools to support important lifestyle improvements.

Program administrators also receive aggregate employee reports, providing valuable workforce health information. This allows them to determine which health concerns and conditions are most prevalent among employees by gender as well as specific age groups and agency locations. PSC can analyze HRA data from multiple sources to inform population health needs, evaluate the program in its entirety and/or specific components, and assess overall population health outcomes to include return on investment (as applicable). The data guides PSC and customers to direct efforts and resources to create customized *FedStrive* programs and services leading to positive improvements in employee health status and productivity and decreases in absenteeism.

Improving the Health, Safety, and Productivity of Federal Employees

Federal Occupational Health (FOH), a part of the Program Support Center (PSC), is the largest provider of occupational health services in the federal government, serving 1.8 million employees in more than 360 federal agencies worldwide. FOH works in partnership with agencies to design and deliver comprehensive occupational health solutions to improve their health, ensure their safety, and increase workplace productivity of federal employees.

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