

The Well-being Toolkit...it's about life!



The NIH is dedicated to employee well-being. In support of employee well-being, this toolkit provides a list of resources targeted towards employee's work-life. Available resources cover key work-life areas of life that include financial, physical, social, community, and purpose (career). Use this well-being toolkit for quick access to your well-being resources at the NIH.

Financial	
OHR Financial & Retirement Seminars	https://hr.nih.gov/benefits/retirement/retirement
NIH Federal Credit Union	www.nihfcu.org
Recreation and Welfare Association	https://govemployee.com/nih/
Commuter Options	https://www.ors.od.nih.gov/pes/dats/commuterinfo/Pages/default.aspx
Student Loan Repayment Program (SLRP)	https://oma1.od.nih.gov/manualchapters/person/2300-537-1/
NIH Loan Repayment Programs (LRP)	https://www.lrp.nih.gov/
Physical	
Workplace Wellness Policy	https://policymanual.nih.gov/1481
R&W Fitness Program	https://govemployee.com/nih/rw-services-membership/fitness-home/
Foil the Flu (Flu vaccine program)	https://www.ors.od.nih.gov/flu/Pages/default.aspx
AED/CPR Training	https://www.ors.od.nih.gov/sr/dohs/safety/Training/Pages/aedlocations.aspx
Occupational Medical Service (OMS)	https://ors.od.nih.gov/sr/dohs/HealthAndWellness/OccupationalMedical/Pages/oms_main.aspx
Ergonomics Program	https://www.ors.od.nih.gov/sr/dohs/HealthAndSafety/Ergonomics/Pages/ergonomics_home.aspx
Indoor Air Quality Testing	https://www.ors.od.nih.gov/sr/dohs/HealthAndWellness/Pages/air_quality.aspx
Wellness@NIH Website	https://wellnessatnih.ors.od.nih.gov/Pages/default.aspx
Wellness@NIH Facebook	https://www.facebook.com/groups/130994131666198
Showers & Lockers	https://www.ors.od.nih.gov/pes/dats/fitness/Pages/shower_locker.aspx
Social	
Child Care Resource & Referral	https://www.ors.od.nih.gov/resourcereferalservice
Adult Dependent Resource & Referral	https://www.ors.od.nih.gov/resourcereferalservice
Legal and Financial Resource & Referral	https://www.ors.od.nih.gov/resourcereferalservice
NIH Back-up Care Program	https://backupcare.ors.nih.gov
NIH Child Care Subsidy Program	https://www.ors.od.nih.gov/childcaresubsidy
NIH Sponsored Child Care Centers	https://www.ors.od.nih.gov/pes/dats/childcare/centers/Pages/centers.aspx
Family Resources: Lunch & Learn Webinars, Parent Coach & Summer Care	https://www.ors.od.nih.gov/familyresources
Nursing Mother's Program	https://www.ors.od.nih.gov/sr/dohs/HealthAndWellness/Pages/lactation.aspx
Employee Assistance Program	https://www.ors.od.nih.gov/sr/dohs/EAP/Pages/index.aspx
Office of the Ombudsman	https://ombudsman.nih.gov/
Civil Program	https://hr.od.nih.gov/hrguidance/civil/
Office of Equity, Diversity, & Inclusion (EDI)	https://edi.nih.gov/



Community	
Listservs	https://list.nih.gov/
Take a Hike Day	https://www.ors.od.nih.gov/pes/dats/wellness/hike/Pages/hike.aspx
Take Your Child to Work Day	https://takeyourchildtowork.nih.gov/Pages/default.aspx
Safety Health & Wellness Day	<i>TBD</i>
R&W Clubs	https://govemployee.com/nih/rw-services-membership/clubs-organizations/
The Children's Inn	https://childrensinn.org/get-involved/
NIH Blood Bank	https://clinicalcenter.nih.gov/bloodonor/
NIH Environmental Management System	https://nems.nih.gov/Pages/default.aspx
Green Team	https://nems.nih.gov/green-teams/Pages/Green-Teams.aspx
Work and Family Month (Oct.)	https://www.workfamilymonth.ors.nih.gov
Purpose (Career)	
Alternative Work Schedules	https://hr.od.nih.gov/benefits/workschedules/default.htm
Telework	https://hr.od.nih.gov/workingatnih/telework/default.htm
Remote Work	https://hr.od.nih.gov/benefits/workschedules/remotework.htm
Leave Flexibilities	https://hr.od.nih.gov/benefits/leave/default.htm
Leave Bank	https://hr.nih.gov/benefits/leave/leave-bank
Family Medical Leave Act	https://oma1.od.nih.gov/manualchapters/person/2300-630-5/
Contacts for Ethics Assistance	https://ethics.od.nih.gov/contacts

My Well-being Resources	Contact Information
https://ors.od.nih.gov/pes/dats/Pages/Worklife.aspx	Tonya Lee worklife@nih.gov & leet2@mail.nih.gov