

# 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.

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



Community	
Listservs	<a href="https://list.nih.gov/">https://list.nih.gov/</a>
Take a Hike Day	<a href="http://www.ors.od.nih.gov/pes/dats/wellness/hike/Pages/hike.aspx">http://www.ors.od.nih.gov/pes/dats/wellness/hike/Pages/hike.aspx</a>
Take Your Child to Work Day	<a href="http://takeyourchildtowork.nih.gov/Pages/default.aspx">http://takeyourchildtowork.nih.gov/Pages/default.aspx</a>
Safety Health & Wellness Day	<i>TBD - June 2022</i>
R&W Clubs	<a href="http://govemployee.com/nih/rw-services-membership/clubs-organizations/">http://govemployee.com/nih/rw-services-membership/clubs-organizations/</a>
Children's Inn	<a href="http://childrensinn.org/get-involved/">http://childrensinn.org/get-involved/</a>
NIH Blood Bank	<a href="http://clinicalcenter.nih.gov/blooddonor/">http://clinicalcenter.nih.gov/blooddonor/</a>
NIH Environmental Management System	<a href="http://nems.nih.gov/Pages/default.aspx">http://nems.nih.gov/Pages/default.aspx</a>
Green Team	<a href="http://nems.nih.gov/teams/Pages/default.aspx">http://nems.nih.gov/teams/Pages/default.aspx</a>
Work and Family Month	<a href="http://www.workfamilymonth.ors.nih.gov">http://www.workfamilymonth.ors.nih.gov</a>
Purpose (Career)	
Alternative Work Schedules	<a href="https://hr.od.nih.gov/benefits/workschedules/default.htm">https://hr.od.nih.gov/benefits/workschedules/default.htm</a>
Telework	<a href="https://hr.od.nih.gov/workingatnih/telework/default.htm">https://hr.od.nih.gov/workingatnih/telework/default.htm</a>
Remote Work	<a href="https://hr.od.nih.gov/benefits/workschedules/remotework.htm">https://hr.od.nih.gov/benefits/workschedules/remotework.htm</a>
Part-time Employment or Job Sharing	<a href="https://hr.od.nih.gov/workingatnih/onboarding/documents/CSDTable.pdf">https://hr.od.nih.gov/workingatnih/onboarding/documents/CSDTable.pdf</a>
Leave Flexibilities	<a href="https://hr.od.nih.gov/benefits/leave/default.htm">https://hr.od.nih.gov/benefits/leave/default.htm</a>
Family Medical Leave Act	<a href="https://oma1.od.nih.gov/manualchapters/person/2300-630-5/">https://oma1.od.nih.gov/manualchapters/person/2300-630-5/</a>

My Well-being Resources	Contact Information