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.

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| **Financial** |
| OHR Financial & Retirement Seminars | <https://hr.nih.gov/benefits/retirement/retirement> |
| NIH Federal Credit Union | [www.nihfcu.org](http://www.nihfcu.org/) |
| Recreation and Welfare Association (R&W) | <http://govemployee.com/nih/> |
| Commuter Options | <http://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/> |

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| **Physical** |
| Workplace Wellness Policy | <https://policymanual.nih.gov/1481>  |
| R&W Fitness Program | <http://govemployee.com/nih/rw-services-membership/fitness-home/> |
| Division of Occupational Health & Safety | <http://www.ors.od.nih.gov/sr/dohs/Pages/default.aspx> |
| Foil the Flu (Flu vaccine program) | <http://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 |
| Ergonomics Program | <http://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 | <http://wellnessatnih.nih.gov/Pages/default.aspx> |
| Shower & Locker Facilities | <http://www.ors.od.nih.gov/pes/dats/fitness/Pages/shower_locker.aspx> |

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| **Social** |
| Child Care Resource & Referral | <http://www.ors.od.nih.gov/resourcereferralservice> |
| Adult Dependent Resource & Referral | <http://www.ors.od.nih.gov/resourcereferralservice> |
| Legal and Financial Resource & Referral | <http://www.ors.od.nih.gov/resourcereferralservice> |
| NIH Back-up Care Program | <http://backupcare.ors.nih.gov> |
| NIH Child Care Subsidy Program | <http://www.ors.od.nih.gov/childcaresubsidy> |
| NIH Sponsored Child Care Centers | <http://www.ors.od.nih.gov/pes/dats/childcare/centers/Pages/centers.aspx> |
| Family Resources | <http://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 | <http://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) | <http://edi.nih.gov/> |



Financial…Physical…Social…Community…Purpose…**Well-being**

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| **Community** |
| Listservs | <https://list.nih.gov/> |
| Take a Hike Day | http://www.ors.od.nih.gov/pes/dats/wellness/hike/Pages/hike.aspx |
| Take Your Child to Work Day | http://takeyourchildtowork.nih.gov/Pages/default.aspx |
| Safety Health & Wellness Day | *Coming June 2018* |
| R&W Clubs | <http://govemployee.com/nih/rw-services-membership/clubs-organizations/> |
| Children's Inn | <http://childrensinn.org/get-innvolved/> |
| NIH Blood Bank | <http://clinicalcenter.nih.gov/blooddonor/> |
| NIH Environmental Management System | http://nems.nih.gov/Pages/default.aspx |
| Green Team | <http://nems.nih.gov/teams/Pages/default.aspx> |

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| **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>  |
| Part-time Employment or Job Sharing | <https://hr.od.nih.gov/workingatnih/onboarding/documents/CSDTable.pdf> |
| Leave Flexibilities | <https://hr.od.nih.gov/benefits/leave/default.htm> |
| Family Medical Leave Act | <https://oma1.od.nih.gov/manualchapters/person/2300-630-5/> |

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| **My Well-being Resources Contact Information** |
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