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# FEHB Program Carrier Letter

## All Carriers

U.S. Office of Personnel Management  
Insurance Services Programs

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**Letter No. 2006-27**

**Date:** November 2, 2006

Fee-for-service [23]    Experience-rated HMO [24]    Community-rated HMO [22]

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### **SUBJECT: HealthierFeds Physical Activity Challenge**

As a part of *2007:Year of the HealthierFed*, a year dedicated to significant emphasis on healthier Federal workplaces, the U.S. Office of Personnel Management (OPM) is partnering with the Department of Health and Human Services, President's Council on Physical Fitness and Sports, to conduct the HealthierFeds Physical Activity Challenge (*The Challenge*). *The Challenge* dates are January 22 through March 18, 2007.

OPM's HealthierFeds campaign (<http://www.opm.gov/healthierfeds>) cascades from the President's HealthierUS (<http://www.healthierus.gov>.) Both of these health awareness campaigns are based on the four pillars of physical activity, nutrition, prevention and healthy choices. *The Challenge* uses the President's Challenge website ([http://www.presidentschallenge.org/the\\_challenge/index.aspx](http://www.presidentschallenge.org/the_challenge/index.aspx)) which offers no-cost electronic enrollment and activity tracking.

The primary goal of *The Challenge* is to focus on the positive benefits of participation in physical activity. *The Challenge* is open to staff of all three branches of Government, retirees and their family members. *The Challenge* offers something for just about everyone.

We are asking Federal Employees Health Benefits (FEHB) Program carriers to support *The Challenge* in as many ways as possible. We will keep you informed via e-mail about *The Challenge* activities and highlights. You can also visit the HealthierFeds website for the latest information.

Some suggestions for support include:

- Posting notices about *The Challenge* on your websites;
- Printing articles and notes about *The Challenge* in newsletters and other information sent to enrollees;
- Including information about *The Challenge* at seminars and health fairs for Federal employees;
- Encouraging all enrollees to participate to the extent possible, with a special emphasis on locations outside the DC Metro area;
- Featuring your plan enrollees in articles about taking positive action;
- Publicizing the positive benefits of physical activity in conjunction with preventive care;
- Highlighting preventive services offered through your plan; and
- Emphasizing the importance of participating in preventive care.

In addition to the suggestions given, we welcome FEHB carrier input and ideas for supporting *The Challenge*. For more information or to offer suggestions supporting *The Challenge*, contact Lucy Polk, [lucy.polk@opm.gov](mailto:lucy.polk@opm.gov), 202-606-8485.

Sincerely,

Robert F. Danbeck  
Associate Director  
for Human Resources Products and Services