

Federal Occupational Health/CHPS

Eglin has a new civilian wellness program exclusively for DoD civilian employees. This wellness initiative is an inter-service contract between AFMC and Federal Occupational Health called Civilian Health Promotion Service (CHPS).

The program is a civilian wellness and health promotion program based on voluntary participation and is provided at no charge/free. The program allows Air Force Civilian participants to monitor their health through an annual wellness screening assessment and blood test. The screening, called a Cardiac Risk Profile or CRP, helps determine health/lifestyle risks.

A finger stick blood sample analyzes information about total cholesterol, "good" and "bad" cholesterols, triglycerides, and blood sugar/glucose. Blood pressure and Body Mass Index are also measured.

Participants are encouraged to complete a Health Risk Appraisal located at www.afmcwellness.com. The information from these combined health screenings acts as a baseline for one's current health.

This health awareness program is another big step in progressing toward the AFMC goal: "To sustain a safe, healthy, fit, and ready work force". While utilization of these services and attendance at the CHPS A-3 classes are strictly voluntary, they are highly encouraged.

For additional questions please email CHPS at: CHPSEglin@psc.gov

[Nutrition Tracker](#)

[New USDA Food Pyramid](#)