

Employee Health and Wellness

Westchester County wants you to be healthy. Whether you're a current employee or one of our retirees, there are things – big and small – you can do to live a healthier lifestyle and live longer.



UMR

Access your benefits, claims and eligibility data on the [UMR website](#) .

Resources

24/7 Nurse Line and Health Information Library  This resource is for all employees.

New York State Smoker's Quitline : Do you smoke? This is a free and confidential smoking cessation program providing evidence-based stop smoking services to New York State residents who want to stop smoking or using other forms of tobacco. There are programs available for [Connecticut residents](#)  and [New Jersey residents](#)  as well. For those outside the tri-state area, check with your state's Department of Health to see what free programs may be available.

Healthy Lifestyles (http://health.westchestergov.com/): Learn about everything from smoking and asthma to obesity and diabetes, healthy heart and cancer, stop smoking, detect cancer early, fight obesity and diabetes. Learn about STDs and AIDS, steroids, hand washing.

Fit Kids: (http://health.westchestergov.com/fitkids-) The Fit Kids program can give you all sorts of tips about programs to beat childhood obesity and encourage good nutrition.

Exercise and Activities (http://parks.westchestergov.com/parks-and-destinations/sports-leisure): There's always something to do in Westchester. Check out the county parks and all they offer, as well as Bicycle Sundays, golf courses, hiking and biking trails, swimming pools, etc.

Employee Assistance Program (https://mentalhealth.westchestergov.com/employee-assistance-prog
Employees of Westchester County and various municipalities can get assessment and referrals for alc

and substance abuse, family issues, financial counseling, health and wellness, mental health services and stress management.



National Heart, Lung and Blood Institute : This site offers publications on a variety of health topics including asthma, cholesterol, heart disease, obesity and physical activity.

National Institute of Diabetes and Digestive and Kidney Disease : This site contains health education programs related to diabetes and weight control.

National High Blood Pressure Education Program : This site contains resources to help people control their blood pressure.

U.S. Department of Agriculture Center for Nutrition Policy and Promotion : This site contains valuable information on nutrition including a dietary assessment tool and a food guide pyramid which illustrates healthy food choices.

Office on Women's Health : Free women's health information on more than 800 topics including the importance of prenatal care.

HEALTH OPTIONS

Employee Health and Wellness (/employee-wellness)

Health Plan Web Sites (/health-plan-web-sites)

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