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## Division of Personnel Announces 2024 Virtual Annual Health and Wellness Expo

**Join DOP on July 18 for an all-day virtual event featuring interactive sessions, dynamic speakers, cooking demonstrations, fitness activities, and health management workshops designed for government employees and retirees**

Community Center / **Published On July 11, 2024 11:11 AM /**

Staff Consortium **July 11, 2024**

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The Division of Personnel, through the GVI Wellness Program, has announced the 2024 Virtual Annual Health and Wellness Expo, themed “Laying the Foundation to Health and Wellness.” The event is scheduled for Thursday, July 18, 2024, from 10 a.m. to 4 p.m., and registration is now open.

This all-day virtual event features a variety of interactive sessions, dynamic speakers, cooking demonstrations, fitness activities, and health management workshops. It is specifically designed for active employees and retirees on the government's health insurance plan.

This cornerstone event of the GVI Wellness Program is organized by the Division of Personnel in collaboration with the GESC Health Insurance Board. The expo aims to provide valuable health and wellness information, engaging activities, and practical tips to enhance the well-being of participants.

Featured topics and presentations at the expo will include fitness demonstrations, discussions on health trends in the USVI, stroke awareness, cancer awareness, stress management, healthy cooking, heart health, financial basics, and mental health. Additionally, there will be presentations by Cigna and UnitedHealthcare.

The event is open to all active government employees and government retirees who are on the government's health insurance plan. Registration is required to participate, with a cap of 1,200 participants. To secure a spot, interested individuals must register by Tuesday, July 16, 2024. Participants will have the opportunity to sign up for their preferred workshops and sessions, as well as interactive challenges.

To register, participants should visit [www.employeewellnesshub.com/virgin-islands](http://www.employeewellnesshub.com/virgin-islands), click the "sign-up" portal at the bottom of the page, set up an account, and receive log-on credentials. The event will be streamed live and accessible from any smart device, ensuring flexibility and convenience for all attendees. It is important to note that the registration username and password will serve as the access link for the event. Participants should use the same credentials created during registration to attend the expo and be counted for attendance.

Participants are encouraged to sign up for one of the expo challenges for a chance to win the grand prize, an Ultimate Self-Care Package, or other amazing prizes. Gifts and produce bags will be given away to Cigna members who register and attend the event, with distribution details to be announced during the expo.

For more information or if you have any questions, contact Ms. Ladee Shanna Martin, Wellness Program Coordinator, at 340-774-8588 extension 5252 or via email at [Ladeeshanna.Martin@dop.vi.gov](mailto:Ladeeshanna.Martin@dop.vi.gov).