



Physical Wellness

- **Virtual Recreation & Wellness:** <https://www.odu.edu/recwell/virtual>
- **Weight Watchers:** <https://weightwatchers.com/us/CommonHealth>
- **CommonHealth:** <http://www.commonhealth.virginia.gov/commonhealthvirginia.htm>
- **On-line doctor visits:** <https://www.dhrm.virginia.gov/employeebenefits/health-benefits/online-doctor-visit>
- **SmartShopper Incentive Program:** <https://www.dhrm.virginia.gov/employeebenefits/health-benefits/smart-shopper>
- **ActiveHealth:** <https://www.myactivehealth.com/Portal/PortalLogin.aspx?SupplierURL=-1>
- **Lactation Rooms:** <https://www.odu.edu/facultystaff/employee-services/benefits/lactation-rooms>