



NATIONAL FOOTBALL LEAGUE



Dear NFL Fans:

The letter below was distributed to all current and former NFL players, as well as team and league personnel. We will continue to update you on important league initiatives.

To All NFL Personnel:

There is no higher priority for the National Football League than the health and wellness of our players. It is for this reason that we are launching NFL Total Wellness, a comprehensive new initiative for current and former NFL players, as well as league and team personnel. Its mission is to build on our programs and services that enhance the physical and mental health of our people.

NFL Total Wellness will empower players to make positive health decisions; promote help-seeking behaviors in connection with behavioral and mental health issues; provide education on family safety; and enhance transition programs that help players adjust to new stages of life.

Dr. David Satcher, former Surgeon General of the United States and current director of the Satcher Health Leadership Institute at the Morehouse School of Medicine, will advise NFL Total Wellness. Dr. Satcher has already conducted 14 mental health forums over the past two years for former NFL players and their families. He will expand his role to facilitate more wellness events across the country. He also will provide online webinars on www.nflplayerengagement.com and consult with the NFL on its health programs and services.

Leading the NFL Total Wellness initiative will be NFL executives Robert Gulliver and Troy Vincent. Gulliver, the NFL's Chief Human Resources Officer, joined the league in 2010, having previously held senior HR leadership roles at Wells Fargo & Company. Vincent, the vice president of NFL Player Engagement, is a five-time Pro Bowl cornerback and former president of the NFL Players Association (2004-2008).

Members of our NFL family are not immune to the challenges that all individuals face.

One new service, NFL Life Line, launches today as part of our support system. NFL Life Line is a free, independent and confidential phone consultation service and website available to all members of the NFL family, including current and former players, coaches, team and league staff, and their family members. This type of employee assistance service is considered a model for companies across all sectors.

The NFL Life Line is available 24 hours a day, seven days a week, 365 days a year. All calls will be strictly confidential and not shared with the league office, teams, or any related entity. To find out more, visit www.NFLLifeLine.org.

As we enter what promises to be a very exciting 2012 season, we stand by our commitment to the total wellness of our players and former players.

Sincerely,

Roger Goodell