

IOWA

liveWELL: 2022 Programming for UI employees

New and continued offerings for health and well-being

Presentation to UI Staff Council January 12, 2022

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Employee Well-Being

Well-being at the University of Iowa is a process focused on life-long learning that promotes and sustains optimal health, personal connectedness, meaningful experiences, and a purposeful life. When employees have greater well-being, they can bring their best and authentic self to work, be mentally and physically prepared, communicate well, and serve the mission of the University of Iowa.



Financial Well-Being

Browse a complete guide to financial well-being resources, or take a closer look at retirement planning, employee discounts, or flexible spending accounts.



Physical Health

Look to free health coaching for personalized advice and motivation, or enjoy subsidized memberships at state-of-the-art recreation facilities.



Workplace Wellness

Win grant funding for local initiatives, nominate Wellness Heroes, and get help coping with crisis or managing challenges facing supervisors.



Family & Relationships

Find resources for child care and elder care, confront alcohol and substance abuse, or seek confidential help with any family or relationship concern.



Emotional Support

Talk to us about free, short-term counseling, or find info about depression and anxiety, stress management, or grief and loss.



Resilience Resources

Learn to develop skills for self-care, adaptability, emotional intelligence, and more, or boost your resilience through healthy sleep.

Foundation: Personal Health Assessment

- Tailored feedback report
- 100 points added to **myLiveWELL Portal**
- Entry into monthly drawing for \$250
- Eligibility for Recreation Membership Incentive



Membership includes access to in-person and virtual fitness classes, and four Recreational Services facilities

- Free Health Coaching to work on specific areas you want to improve related to your well-being

Health Coaches meet at CRWC, University Employee Health Clinic, and virtually. We have evening hours.

New in 2022: Free text message tips on wide range of health and wellness topics. 1 every 2 days. (Exercise, Stress, Mood, Resilience, Nutrition, Health Weight, Healthy Thinking, Smoking/Tobacco/Drug/Alcohol use...)

Personal Health Assessment, con't.

Access your 10-minute survey at your Employee Self-Service website.

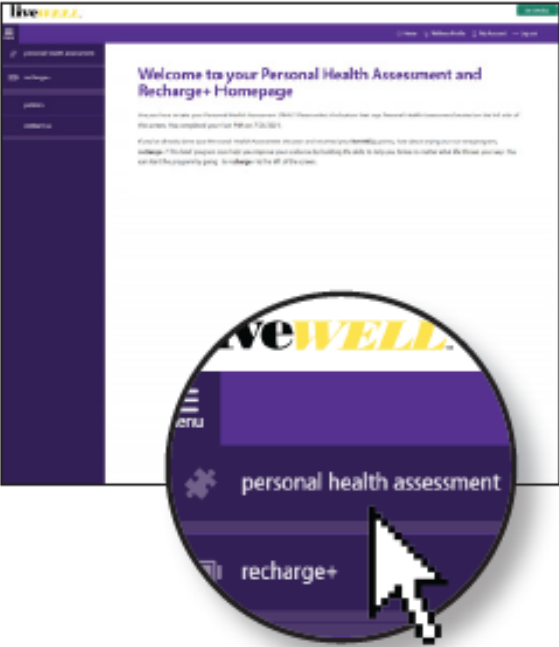
STEP 1



STEP 2



STEP 3



The PHA is available to faculty and staff in 50% or greater, regular positions.





New in 2022 What is Recharge+?

→ Program that uses the REM (resilience evaluation measure) a validated assessment to provide you with a snapshot of current level of resilience and immediate feedback on how you can improve



1

Reset

*your life's meaning
and purpose*

liveWELL Tip

Take an inventory of your time. What distractions are keeping you from the things that really matter?

2

Rethink

your mindset

liveWELL Tip

Being in nature or even viewing scenes of nature (think screensaver), reduces anger, fear and stress and increases pleasant feelings.

3

Reconnect

*through strong
social connections*

liveWELL Tip

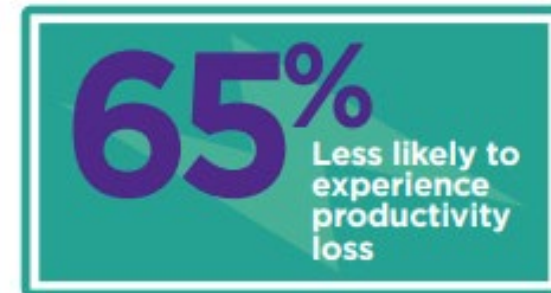
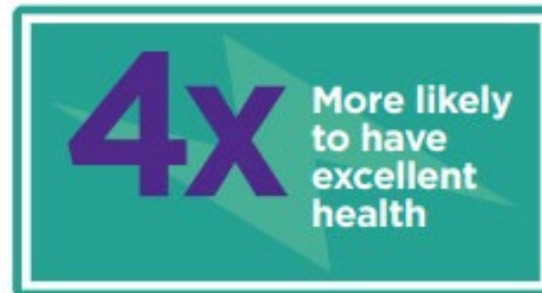
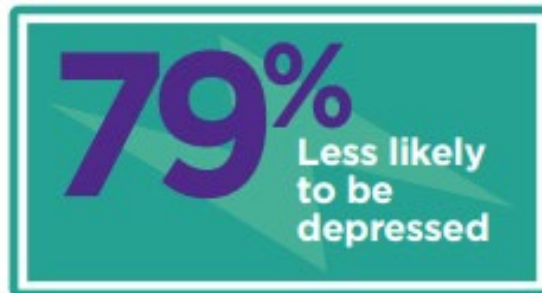
We all want someone to lift us up in times of trouble. Who can lift you up?

Benefits



- Just-in-time and tailored feedback
- “Re-evaluate” every 30-days if desired and re-up for text messaging

People with higher resilience are...



Communications and getting the word out

- Mass Email
- Campus Mailer
- Wellness Ambassador Network
- IowaNow and Noon News
- Weeks of Wellness
- **Word of Mouth!**
- **UI Staff Council if Councilors interested in getting info out to constituents**

New in 2022!

RECHARGE+

Early insights on Recharge+ (as of 1/10/22)

- 1,100 participants since launch (REM only)
- 38% acceptance into texts (*need to sign up and confirm the first text*)
- Of those with a 2nd survey after 30 days, 54% have improved resilience
 - See “Benefits” slide for why this is important!

New Mindfulness-Based Stress Reduction

→ Course information

- 8 Weeks: Feb 8- April 5, 2022 (no class week of spring break, March 15)
- Weekly Meeting: Tuesdays from 3:00 p.m. to 5:30 p.m.
- Extended Saturday Retreat: March 26 from 9:00 a.m. to 3:30 p.m.
- Registration Deadline: January 28
- <https://hr.uiowa.edu/livewell/mindfulness-based-stress-reduction>

→ Other Mindfulness Resources

- <https://hr.uiowa.edu/livewell/mindfulness>
- Includes videos, practices, app recommendations, external links

Reminder: Department/Local Level Well-Being

Wellness Ambassadors

- Network of campus volunteers who help promote well-being
- Monthly call / ways to engage department
- Having a local Wellness Ambassador is **the best way** to not miss any programming info from liveWELL (4 challenge programs per year, new launches, etc....)



Wellness Heroes

- Recognition program for peers who demonstrate well-being
- “Low cost / high impact”

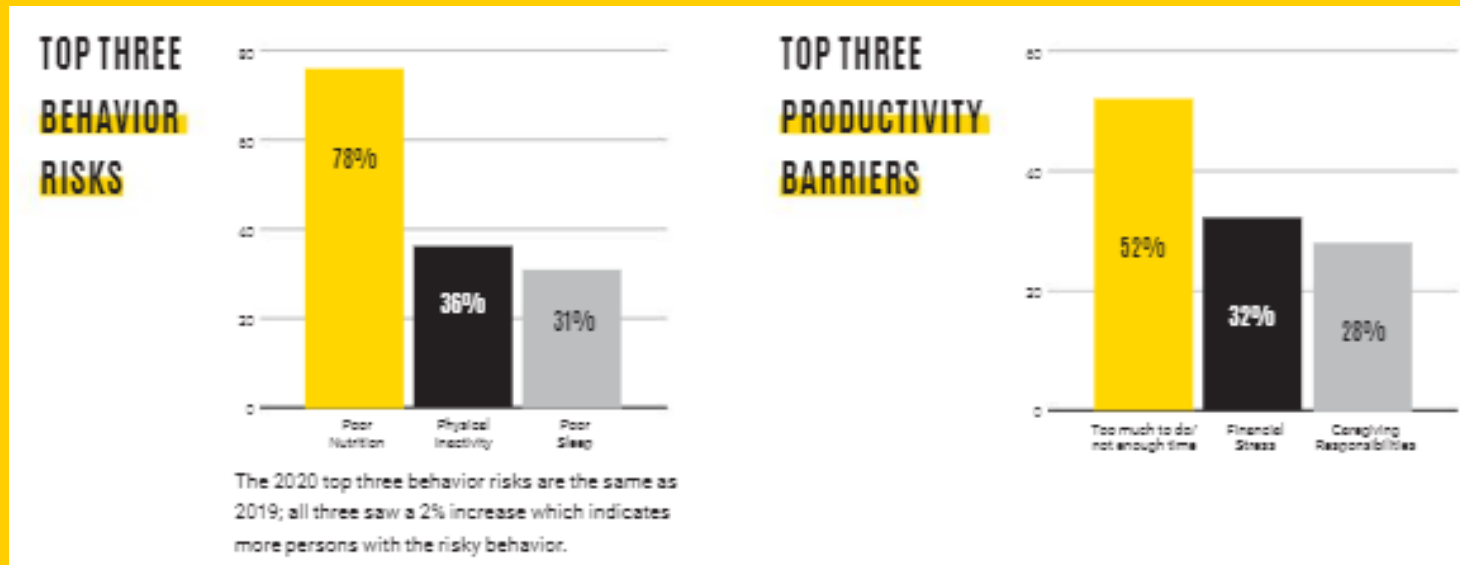
Wellness Grants

- Funds for local wellness programming (\$10 per person; up to \$500 per department)
 - Common: Water bottle filler stations (community clinics recently); care/snack packets

These and MANY additional ideas at: <https://hr.uiowa.edu/livewell/department>

March 2022 meeting

- 2021 liveWELL annual report
- 2021 PHA data review
 - Refresh/updated health risk areas and productivity barriers:



IOWA

Thank you, Staff Council, for your support of:

Weeks of Wellness 2021

- *36 organizational units served in 2021*
- *UI Health Care served as a part of National Hospital Week/National Nurses Week*
- *127 total programs/events held*
- *1009 faculty/staff attended an event*

Wellness Grants

Wellness Store

"We had great Week of Wellness activities and provided healthy snacks for our faculty and staff. Also, one of our professors led a group for the Iowa Healthiest State Walk."

KIM GEGUZIS
Secretary to the Dean, College of Nursing
Wellness Ambassador