Leadership Talking Points

2023 Personal Health Assessment Survey

To support the UI Strategic Plan 2022-2027 “Holistic Well-Being and Success” strategy of “embed well-being into the experience of students, faculty, and staff” we need to have robust data to know if we are moving the needle on well-being. UI experienced three years in a row of 73% participation in the PHA, but since 2020 have been challenged to reach 50% participation.

In 2023, we are asking University leadership and local leaders (supervisors, managers, directors, department heads) to support and encourage completion one time annually beginning in January of the personal health assessment (PHA) on work time.

- For current employees, visit about this at staff meetings on a quarterly basis.
- For new employees, add it to your on-boarding check list for the first 30 days.

Individual Benefits of taking the PHA:

- The primary benefit of taking the PHA is a confidential, personalized report that has credible resources on different health topics and direct links and phone numbers for University of Iowa and UI Health Care programs and services.
- Eligibility to sign up or maintain the Recreation Membership Incentive Program. (Half of $39/month membership back onto paycheck with PHA completion and four visits per month)
- There are two, $250 winners every month. If you take your PHA early in the year you have more chances to win.
- 100 points added to My liveWELL Portal (in Employee Self Service). Points can be redeemed for prizes at Hawk Shop, Stead Family Children’s Hospital Safety Store, or Recreational Services day passes.
- Access to free, one-on-one, professional Health Coaching. A Health Coach may refer you (at no cost) to other programs like Mindfulness-Based Stress Reduction, Personal Training, or Lifestyles health improvement programs.

*A validated tool called the "Best Possible Life Scale" or Cantril Self-Striving Anchoring Index that is used extensively by the Gallup organization is used.

liveWELL inspires a culture of well-being and campus excellence, providing employees with the opportunity to thrive.