2023 Personal Health Assessment

* Goals and Outcomes
* Individual and Organizational Benefits
Connection of the PHA to UI Strategic Plan

Individual Employee: “Embedding Well-Being”
- Connect the UI employee with 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.
  “…increase access to and awareness of mental health and well-being resources.”

Organization/UI: Measuring Well-Being
- Know if UI is “moving the needle” on Employee Well-Being by looking at annual aggregate data

Priority Area: Holistic Well-Being and Success
Strategy: “Embed well-being and mental health into all aspects of campus culture to better support students, faculty, and staff”
# Personal Health Assessment – Key datapoints

## Overall Participation

<table>
<thead>
<tr>
<th>Year</th>
<th>Participation %</th>
</tr>
</thead>
<tbody>
<tr>
<td>2019</td>
<td>60%</td>
</tr>
<tr>
<td>2020</td>
<td>51%</td>
</tr>
<tr>
<td>2021</td>
<td>45%</td>
</tr>
<tr>
<td>2022</td>
<td>47%</td>
</tr>
</tbody>
</table>

2023 Goal: 60% participation (N=12,000 PHAs)

## Well-Being Index

<table>
<thead>
<tr>
<th>Year</th>
<th>% Thriving</th>
</tr>
</thead>
<tbody>
<tr>
<td>2019</td>
<td></td>
</tr>
<tr>
<td>2022</td>
<td>68%</td>
</tr>
</tbody>
</table>

## Supervisor Support

87% in 2022

MY SUPERVISOR SUPPORTS WELLNESS WITHIN MY UNIT

## Physical Work Environment Support

80% in 2022

MY PHYSICAL WORK ENVIRONMENT PROVIDES OPPORTUNITIES FOR ME TO MAKE HEALTHY CHOICES
Next Steps

1) Take your PHA in 2023 –> SCAN QR CODE to go direct to Employee Self Service
   Receive:
   – A tailored feedback report on your individual well-being
   – Entry into a monthly drawing for $250 (Two winners every month!)
   – Eligibility for the Recreation Membership Incentive Program ($19.50/month value/discount)
   – 100 points added to your My LiveWELL Portal (points redeemed for prizes/gift cards)
   – Option to sign up for wellness text-message and do recharge+ resilience program

2) Promote to employees quarterly
3) Include in new employee onboarding materials (first 30 days)
Request to livewell@uiowa.edu: Take your PHA postcards (hard-copy or electronic) for mailbox stuffers, departmental newsletters, etc..

WHAT CAN YOU EARN IN 10 MINUTES?

Take your Personal Health Assessment today and receive:

- A tailored feedback report on your individual well-being
- Entry into a monthly drawing for $250 (Two winners every month!)
- Eligibility for the Recreation Membership Incentive Program
- 100 points added to your My LiveWELL Portal
- Access to free Health Coaching and more well-being programs to work on specific goals for your well-being

Scan the QR Code to take your Personal Health Assessment

LiveWELL

Learn more at hr.uiowa.edu/livewell
Email livewell@uiowa.edu or call (319) 353-2973

The LiveWELL program is provided by University Human Resources; all LiveWELL services are free and confidential.