

University of Iowa Human Resources
liveWELL

2023 Personal Health Assessment + Well-Being Programs

LEADERSHIP TALKING POINTS for PHA & Upcoming Programs

Shared at UI Staff Council – January 11, 2023 <Insert and Tailor Meeting Name Here when presenting on PHA>

Megan Hammes, MS, MCHES <Insert and Tailor Presenter Name Here when presenting on PHA>

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.

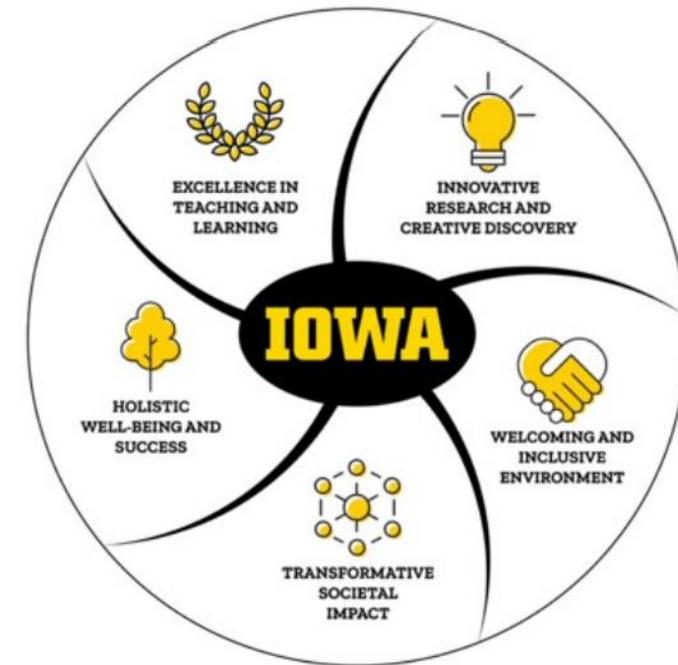
“...increase access to and awareness of mental health and well-being resources.”

Organization/UI: Measuring Well-Being

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

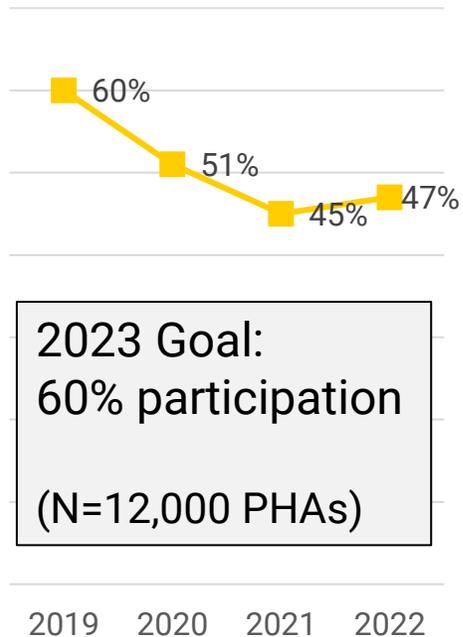
Priority Area: Holistic Well-Being and Success

Strategy: “Embed well-being and mental health into all aspects of campus culture to better support students, faculty, and staff”

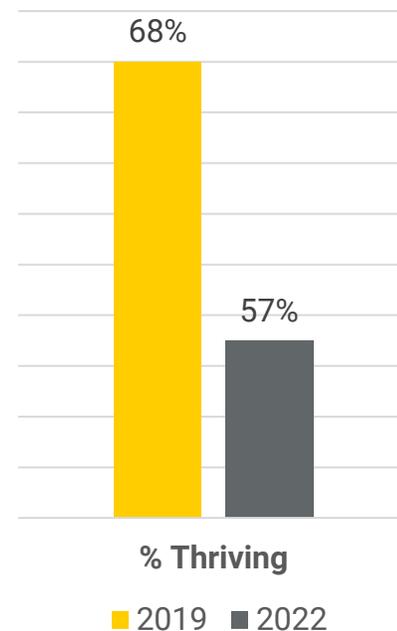


Personal Health Assessment – Key datapoints

Overall Participation



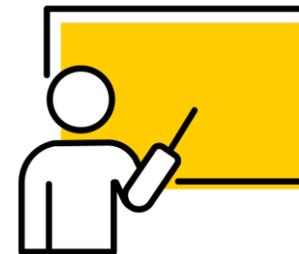
Well-Being Index



Supervisor Support

87% in 2022

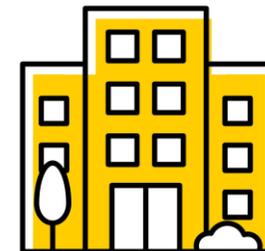
MY SUPERVISOR SUPPORTS WELLNESS WITHIN MY UNIT



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



9,278 (46.5%)
PARTICIPANTS IN 2022

2023 goal is 12,000 (60%)

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@uiow.edu or call (319) 353-2973

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

IOWA

New and upcoming programs

2023

Find liveWELL on Social Media

  @UIOWALIVEWELL

Live Healthy Iowa 10-Week Challenge

Fun, team-based challenge around getting active in the New Year!

Team Captain gathers 2 – 10 participants.

Discount for UI employees who use group ID and subsidy code

\$15 registration gets you:

- T-shirt
- Magazine subscription
- Chances for prizes
- \$10 discount on spring Live Healthy Iowa 5k events



Ever wonder what it would
be like to lose weight and
grow closer to others?

Apply Now

Megan & Jon G.
Wife & Husband
University of Iowa Employees

Lost 40 lbs & 50 lbs
Gained Success in the Program Together



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Wondr Overview and Eligibility

- Faculty and staff in 50% or greater, regular positions
- Enrollment in UI Choice or UI Select health plan for 2023
- Have completed PHA
- Body Mass Index ≥ 25 and one additional risk factor or BMI ≥ 30
- Join a waitlist to know when application goes live

Spring 2023 Program Dates

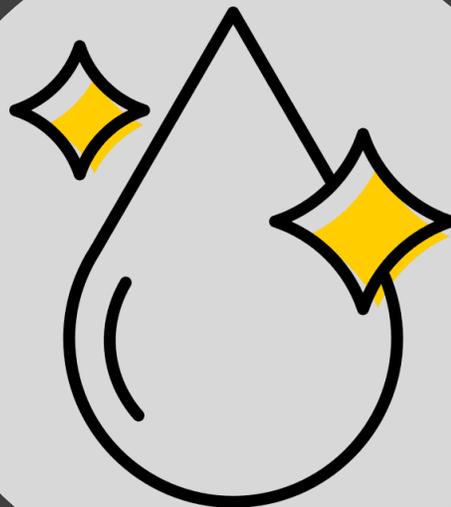
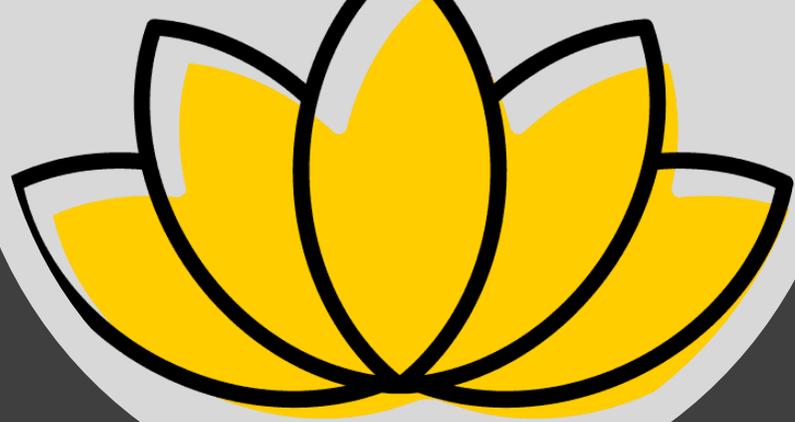
- Application period opens: January 30
- Application period closes: February 12
- Notification of acceptance into the program: February 17
- Program start date: February 27

Mindfulness-Based Stress Reduction

Spring 2023 classes at UCC
Referrals from Health Coach or UI EAP Counselor
Eight, 2 ½ hour classes plus Saturday retreat
Free



"Mindfulness is the awareness that arises when you pay attention in a particular way: On purpose, in the present moment, and nonjudgmentally." -- Jon Kabat-Zinn



Your Well-Being in the New Year

Think of a word or mantra that you would like to embody
your well-being in 2023.



UI Staff Council Well-Being CALL TO ACTION!

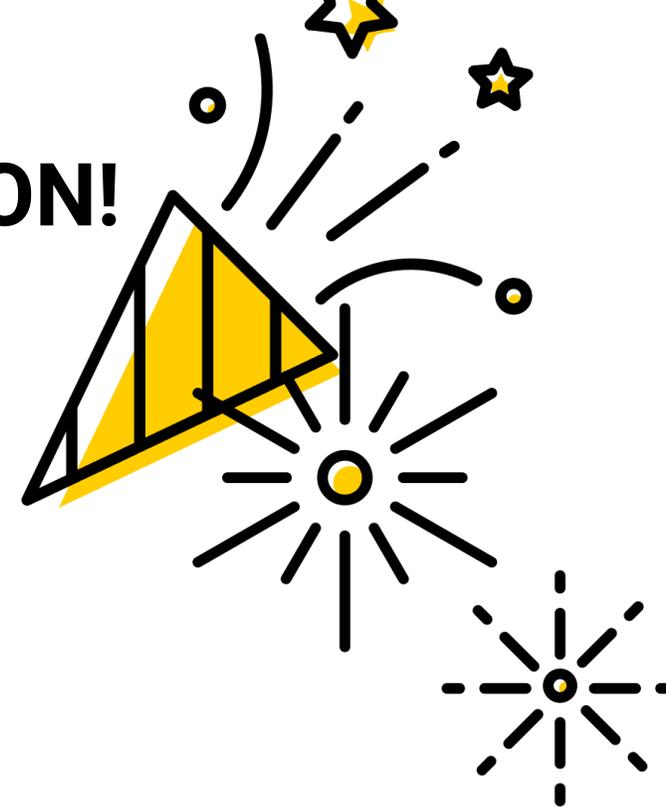
1) Promote Personal Health Assessment locally, quarterly

Provided: Power Point Slides, Talking Points Document, Postcards (hard copy or digital) upon request to livewell@uiowa.edu.

2) Join or Create a Live Healthy Iowa team!

Invite friends, neighbors, family as this is for ALL IOWANS. University of Iowa teams can use a company and subsidy code to get \$10 off of a registration!

Combat Iowa winters with physical activity and social support!



To start
your own
team, visit:

