

live *WELL*, University Human Resources

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# live *WELL* Updates

**Health Fair, Health Coaching, and Website Resources**

November 13, 2024

# Health and Well-Being Fair

## → 1000 Attendees

- 95% reported improved well-being
- 97% reported they will apply what they learned

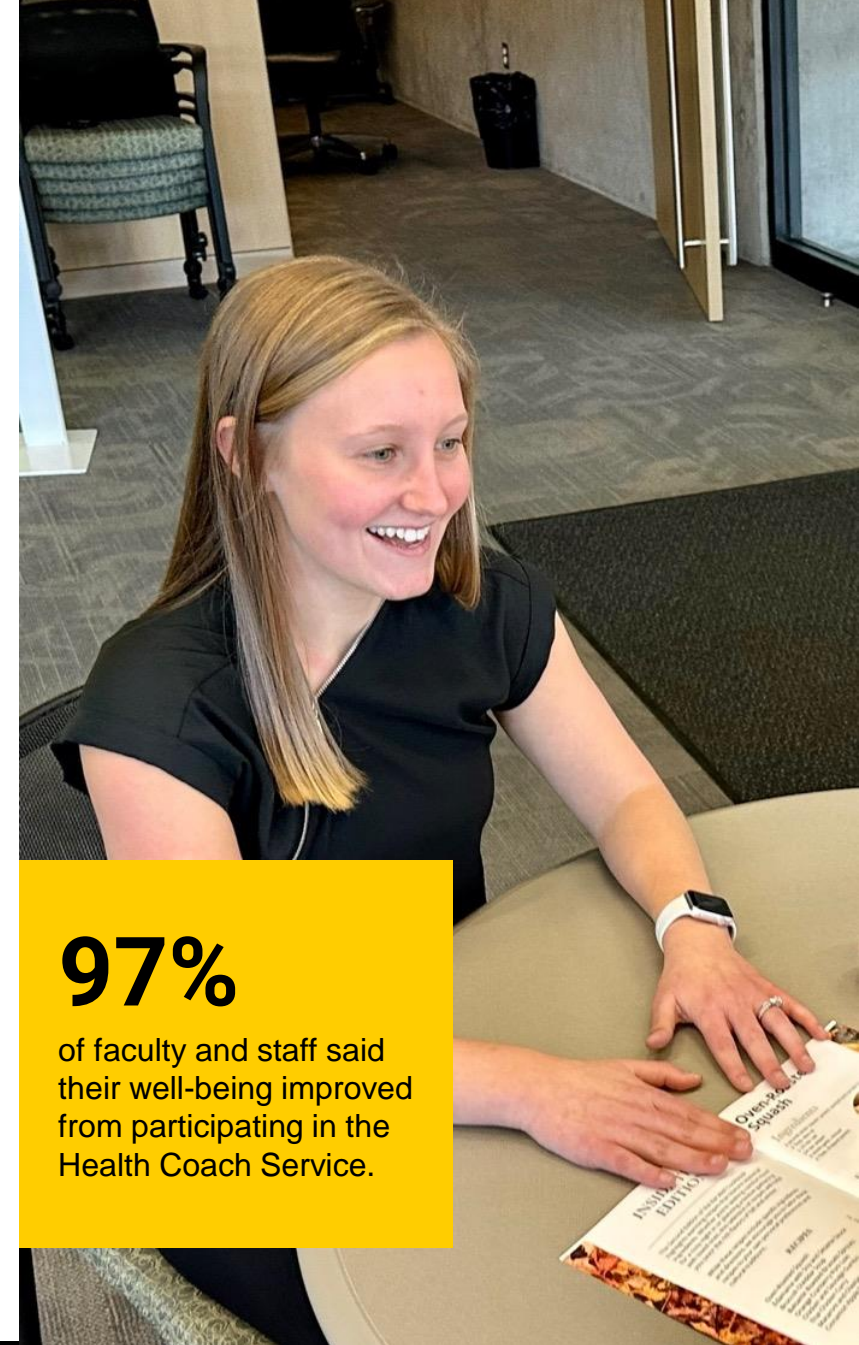
## → “What were your favorite parts of the Health and Well-Being Fair?”

- Information shared at the tables
- Freebies and giveaways
- Flu shots
- Chair massages
- Games/interactive activities



# Health Coach Service

- **liveWELL** Health Coaches empower employees to make sustainable lifestyle changes that enhance their overall well-being.
- Through collaboration and support, health coaches guide employees to set goals, use their strengths, discover strategies, and celebrate their progress.
- **Individual Health Coach Service**
  - Up to 5 sessions every 12 months.
  - In person/virtual and evening appointments
- **Group Health Coach Services (Coming 2025!)**
  - 5-week group coaching programs on Zoom each quarter focusing on pillars of well-being: nutrition, physical activity, mental well-being, and sleep



**97%**

of faculty and staff said their well-being improved from participating in the Health Coach Service.

# Health Coach Service

## → Benefits of working with a Health Coach

- Get started on your journey
- Build confidence and skills
- Overcome barriers and find solutions

## → Common focus areas

- Stay active with a busy schedule
- Build healthy eating habits
- Enhance your sleep routine
- Create more energy
- Practice habits for work and life balance



# BACK TO THE BASICS

*Build Your Foundation of Well-Being*



[hr.uiowa.edu/employee-well-being/livewell/health-coach-service](https://hr.uiowa.edu/employee-well-being/livewell/health-coach-service)

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# Referral Programs

## Mindfulness Based Stress Reduction (MBSR)

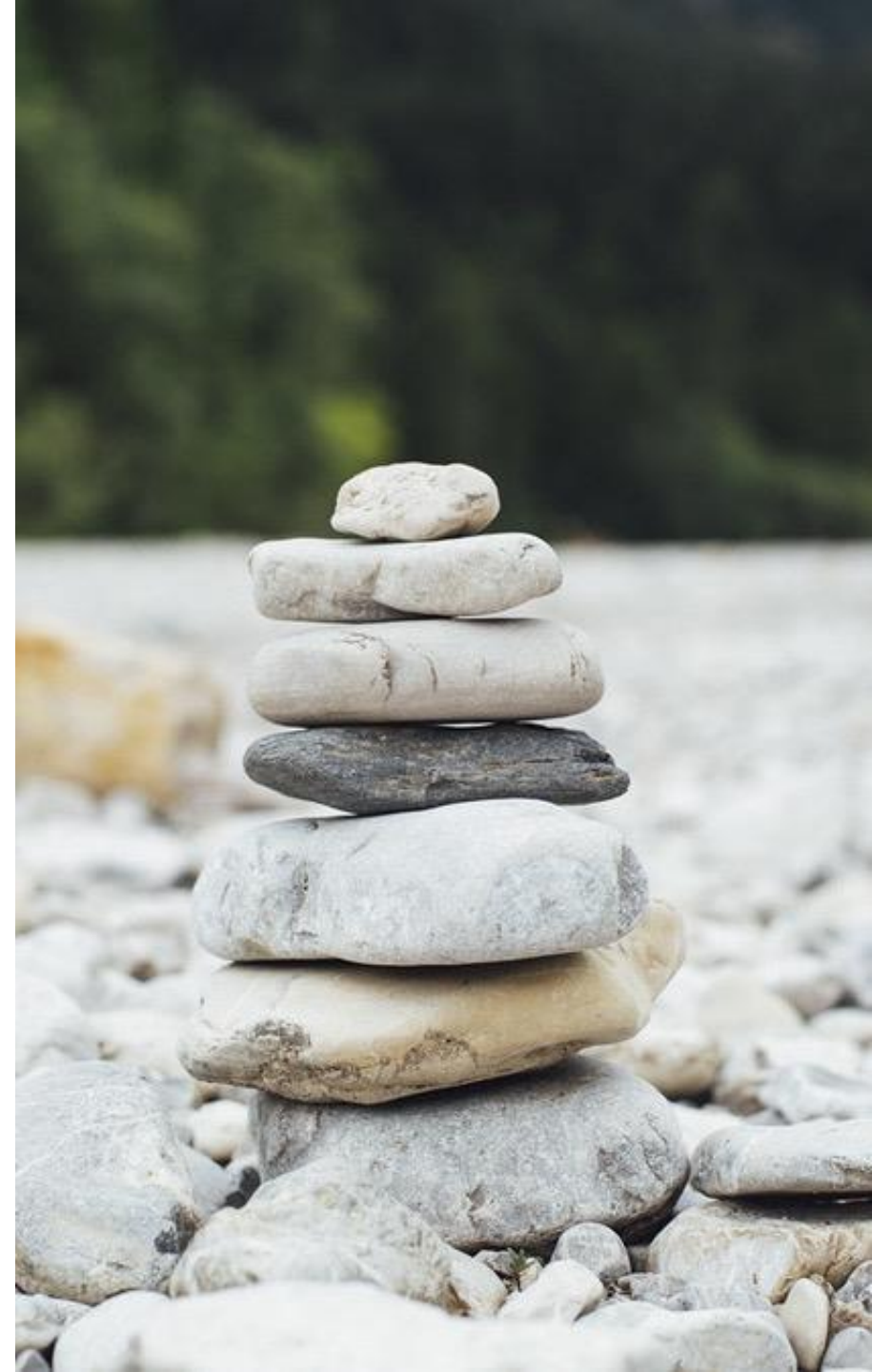
Mindfulness is the practice of paying attention intentionally to what is occurring in the present moment, acknowledging what is here with curiosity and open-heartedness, even when things are challenging.

## Personal Training

University of Iowa faculty and staff in a 50% or greater, regular position who meet with a health coach may be referred to personal training, offered through UI Recreational Services.



[hr.uiowa.edu/employee-well-being/livewell/health-coach-service](https://hr.uiowa.edu/employee-well-being/livewell/health-coach-service)



# Well-Being Toc

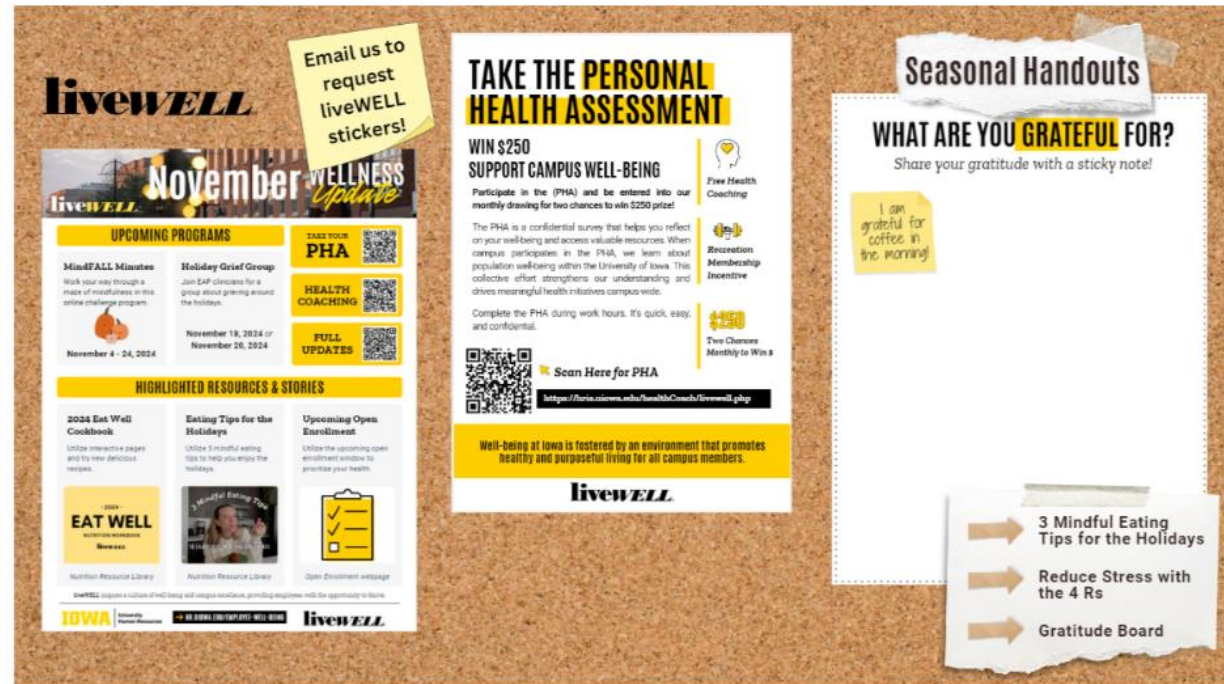
- Resources and tools to help well-being leaders easily include well-being in the day
- Links to Wellness Ambassadors, Wellness Grants, and Wellness Heroes pages
- Toolkits
- Bulletin Board materials
- Workshop requests

## Embed Well-Being and Mental Health

- Regularly include well-being topics in your departmental meetings. Use resources from the [Well-Being at Iowa](#) website or **liveWELL** Well-Being Toolkits and Monthly Bulletin Board materials.
- Use the [Departmental Well-Being Checklist](#) to find ways to practice health and well-being at work. (Email [livewell@uiowa.edu](mailto:livewell@uiowa.edu) to request print copies.)
- Explore campus activities together, like [Discover Your University](#).

## Monthly Bulletin Board

Use this bulletin board to inspire your department! Download the PDFs to share Monthly Wellness Updates and encourage others to take the Personal Health Assessment. Choose your favorite seasonal handout, or post all three!



DOWNLOAD THE FALL 2024 BULLETIN BOARD KIT

# live *WELL* Resource Library

- Employees can access information and resources to support their well-being anytime.
- Handouts
- Videos
- Activities



## Managing Stress and Mindfulness

Learn ways to cope with stress and find tools for developing mindfulness, a strategy used for reducing stress by focusing on the present moment.



## Nutrition

Healthy eating is an important part of overall health, well-being, and personal energy. Learn about healthy meal planning, explore our cookbooks, and more.



## Physical Activity

Whether you're an avid exerciser or just getting started, these resources can help you become more physically active or fine-tune a routine that you already have.



## Resilience

Resilience is the process of adapting and overcoming challenges, adversity, or significant stress. Resources are offered to help you build resilience.



## Financial Well-Being

In addition to offering retirement options for its employees, the University of Iowa sponsors financial education opportunities.



## Sleep

Sleep is the foundation to our daily habits and decisions. Discover tips to improve your sleep hygiene and explore resources to help you get a good night's rest.

# PERSONAL HEALTH ASSESSMENT (PHA)

The Personal Health Assessment (PHA) is a confidential and validated health survey that asks individuals about their health behaviors, mental well-being, feelings of belonging at work, and support for well-being in the workplace. The PHA takes 15 minutes to complete, and you can complete it on work time.

The PHA provides a tailored report about your health and well-being and includes tips based on your readiness to change. Your report also connects you to UI well-being resources. At the end of your PHA, you can opt in to receive text messages so you can stay up-to-date with information on upcoming well-being programs. The PHA is available in Employee Self-Service under Benefits and Wellness.

Other benefits for taking the PHA include:

- Eligibility for the Recreational Membership Incentive Program
- Eligibility for free Health Coaching and referral programs
- 100 liveWELL points added to your MyliveWELL Portal
- Entry into a monthly drawing for \$250—two winners are drawn every month
- Receive monthly updates email with upcoming programs and services



<https://hris.uiowa.edu/healthcoach/livewell.php>

## How to take the PHA

### STEP 1



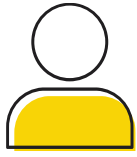
### STEP 2



### STEP 3







# Things **You** Can Do to Create a Culture of Well-Being

- ✓ Complete the **Personal Health Assessment (PHA)**. PHA supports individual, department, and campus well-being.
- ✓ Connect to resources. **liveWELL Health Coaches, EAP, and Family Services** are available to support a personalized plan and help you find resources and tools for your well-being.
- ✓ Take time to practice your own self-care. Engage in practices such as mindfulness, gratitude, movement, and positive reflection for 3-5 minutes daily.



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**Thank you**

319-353-2973

livewell@uiowa.e  
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