

IOWA

liveWELL: Promoting Population Health at Iowa

New Year, New Goals!

Support for Your Health

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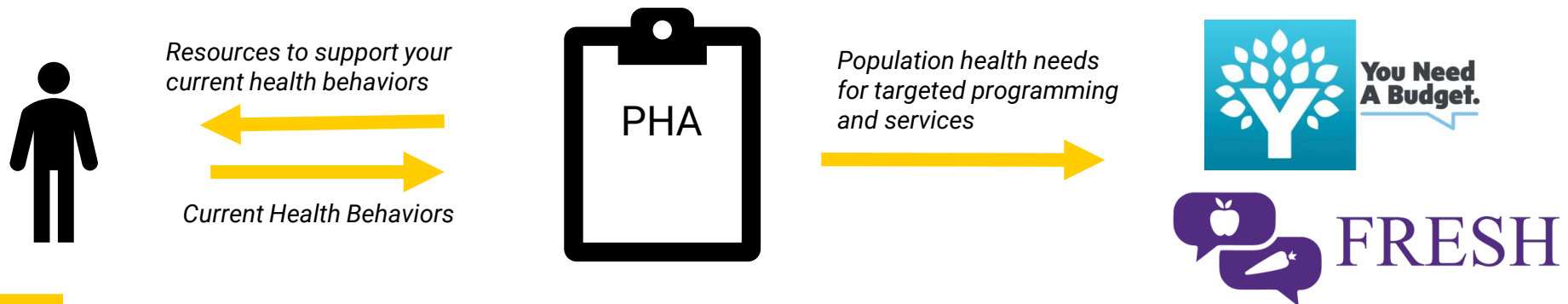
Madison Coyne

Behavioral Health Consultant • Benefits Health & Productivity

2026 Personal Health Assessment



- Employees are encouraged to take the PHA every year in January
- **Confidential and validated tool** that provides tailored feedback to participants and informs resource allocation for campus needs



Additional Benefits of the PHA

Monthly Communications

- Early access to well-being programs
- Communication directly to you

Recreational Membership Incentive

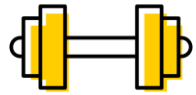
- Available through Recreational Services
- Access to campus recreation facilities at 50% discount

Personalized Feedback and Dashboard

- Receive a personalized feedback report
- Immediate connection to resources



Live Support



Movement with Rec Services Personal Training



Mental well-being with Mindfulness Based Stress Reduction



Chronic condition support with Diabetes Prevention Program



Group Health Coaching for Sleep, Stress, Movement, and Nutrition

Individual Health Coaching for tailored support of your goals

Health Coach Service

Health coaches help employees build healthy habits that last.

- **Participation Options**
 - Individual Health Coaching
 - Group Health Coaching
- **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

Convenient locations at MCD, UEHC, CRWC, MCNL, HSSB, and virtual

Day and evening appointments available

Digital Health Apps

NEW in 2026!

- Financial wellness with *You Need a Budget*™
- Nutrition tips with FRESH™



Still Available!

- Stress support with Recharge⁺™
- Weight management with Wondr Health™
- Live Healthy Iowa™



Live Healthy Iowa 2026

January 12 – March 20, 2026

- 10-week team-based physical activity challenge
- Free for UI employees

How to Participate

1. Gather a team of 2-10 employees
2. Register your team
3. Log your weekly activity minutes



Questions

- **How do I get started with healthier eating or movement without feeling overwhelmed?**
 - Small, realistic changes matter. Health coaching can help you identify simple starting points that fit your schedule, preferences, and goals.
- **How can people balance self-improvement with self-acceptance?**
 - There's no one right approach. Health coaching supports progress while honoring where you are right now and what matters most to you.
- **How should people reset when they fall off track without feeling discouraged?**
 - Setbacks are normal. Coaches help participants focus on small wins, learn from challenges, and build habits that feel sustainable over time.
- **What new programming is available in 2026?**
 - We're excited to launch FRESH (nutrition tips via text messaging) and You Need A Budget (financial wellness support).
- **How does liveWELL support long-term employee wellness?**
 - Our programs focus on population health by offering ongoing, evidence-based support that helps employees build habits that last.
- **How are new programs developed?**
 - Programming is informed by campus participation data and health trends to ensure offerings reflect employee needs. (FRESH and YNAB are the most current examples of responding to PHA data to support campus health!)
- **How does health coaching support sustainable behavior change?**
 - Health coaching offers flexible, ongoing support that meets employees where they are. It helps individuals identify strategies that fit their lifestyle and encourages lasting habit development over time.

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Thank you

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