2017 REPORT | Employee Well-Being Experience
Healthy Employees | Healthy Culture | Organizational Success

VALUE TO THE UI
Health Care Cost Management

INCREASED PERFORMANCE
Better Attendance and Effort at Work

POSITIVE CULTURE
Improved Morale and Attitude

EMPLOYEE RETENTION
Higher Satisfaction with Working at the University of Iowa
Program overview

- Nationally Recognized programs
  - Health Champion Designation (American Diabetes Association)
  - Workplace Health Solutions Award (Bronze) (American Heart Association)
  - Cancer CEO Gold Standard (University of Iowa Hospitals & Clinics)

- Services provided for you, your families, and the UI family from Health & Productivity units of University Human Resources
  - Health Coaching
  - Online Sleep Program
  - Suicide Prevention Training
  - Elder Caregiving Services
  - Mindfulness-Based Stress Reduction
  - Recreation Membership Incentive Program
  - Resilience Training
Whole Person Approach to Well-Being

Family Services
UI Employee Assistance Program
UI Ergonomics Program
Financial Well-Being
liveWELL

Continuum of services for individuals, families, department to thrive

For more information, visit hr.uiowa.edu/livewell or call liveWELL at 319-353-2973
2017 Highlights

Healthy Employees I Healthy Culture I Organizational Success

• 13,801 PHA participants (73%)
• 4,048 Recreation Memberships
• 665 Health Coach clients
  • New for 2017
    • On-site at IRL and HSSB
    • Juggling it All for Busy Families, Train Your Brain, Unwrapping the Science of Sugar
    • Workflow scheduling
• 83 presentations/trainings reaching 2,900

Less Sick Leave
(33 hrs v. 55 hrs)

Less Cost to UI
• $1,419 v $2,138 PPPY
• 9% lower adj. medical
• 18% lower medication usage
• 24% lower ER use*

75% Healthy/ Low Risk

Study Period 2013-2016.
PHA users all three years (N=2,990) or none (N=1,229) with continuous UIChoice enrollment.
Healthy Campus Culture + Support for Well-Being

85% 83% 69%

Supervisor Support  Environment Support  Thriving

Low-cost, high impact wellness programs assist with these local culture areas such as Wellness Ambassadors, Wellness Grants, and Wellness Heroes.
In Closing…..

Thank you for your continued support!

Comments / Ideas to CONTINUE positive outcomes in health and well-being for campus?

Questions?
Contact megan-hammes@uiowa.edu