

University of Iowa Human Resources  
**liveWELL**

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# 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.

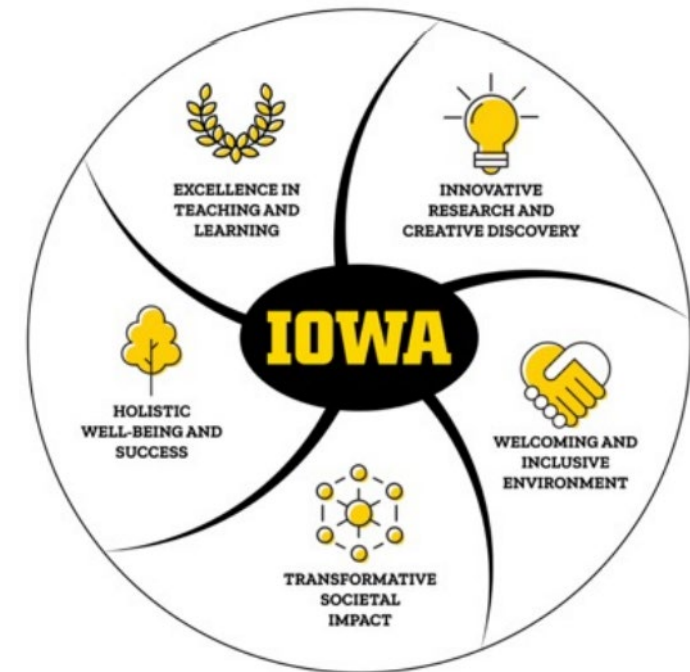
*“...increase access to and awareness of mental health and well-being resources.”*

## Organization/UI: Measuring Well-Being

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

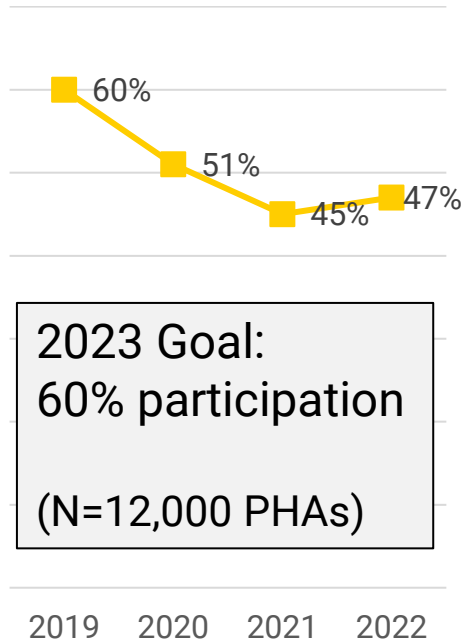
### Priority Area: Holistic Well-Being and Success

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

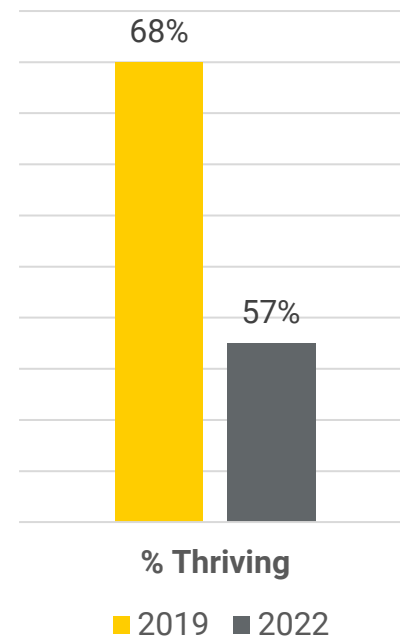


# Personal Health Assessment – Key datapoints

## Overall Participation



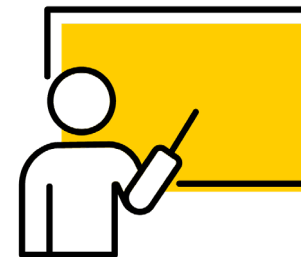
## Well-Being Index



## 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

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## 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](mailto: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**<sup>™</sup>

Learn more at [hr.uiowa.edu/livewell](https://hr.uiowa.edu/livewell)  
Email [livewell@uiow.edu](mailto: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**