



Take Time to Care for Yourself: Wellness Resources at UC

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UC Benefits

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Objectives

- Learn about UC's employee wellness program, Be Well UC.
- Identify 2-3 ways to engage with Be Well UC.
- Build awareness of UC's Employee Assistance Plan (EAP), Impact Solutions.
- Detail UC Benefits resources.



Be Well UC

educate • support • empower

- Voluntary, comprehensive, incentive-based wellness program for faculty and staff.
- Opportunity to earn up to **\$300** each calendar year.
 - Incentives are for those enrolled in a UC medical plan.
- All are welcome to join in programming, events and sessions!

**Details available at <https://bit.ly/bewelluc>
and/or scan the QR code with your phone
or other mobile device.**



It's Time to Be Well UC



Approximately 1 week after medical benefits are activated you'll be able to login to the portal: bewelluc.alyfewellbeing.com

Step 1: First & Fast \$50!

Complete and log your first 50 points by completing activities of your choice.

Payouts will be in April, July, October, **OR** January after you log 50 points in the previous quarter.

Step 2: Keep earning up to \$200!

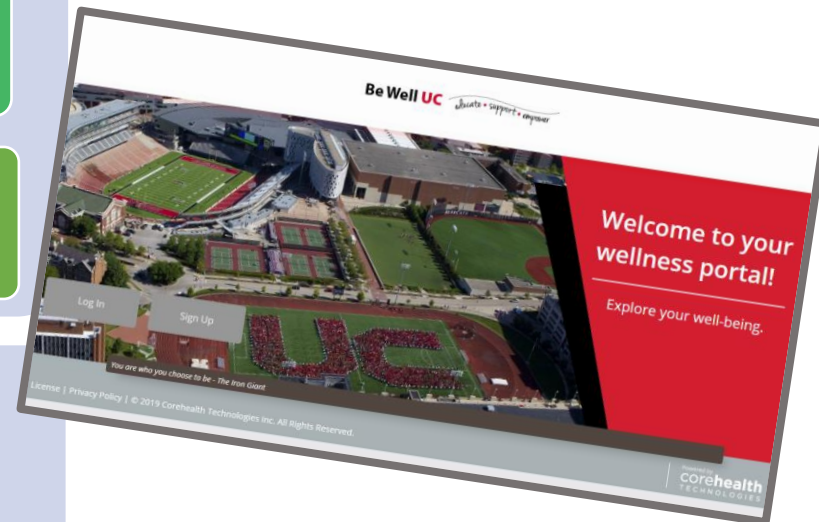
Complete and log an additional 50-200 points for activities of your choice.

Payout for additional points logged is made annually in January.
1 point = \$1.

Engagement Bonus: Earn another \$50!

Log into Alyfe portal **and** read the Well-being Bulletin monthly article at least 10 out of 12 months of the calendar year!

Payouts will be paid annually in January for at least 10 out of 12 months of engagement.

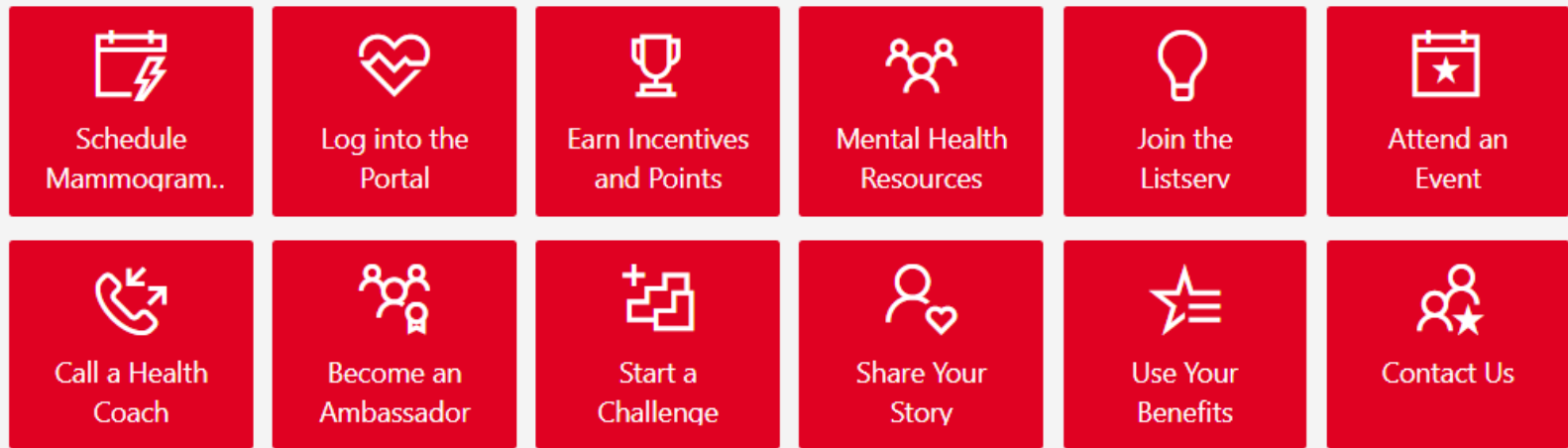


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Ways to Engage and Work on Your Wellness



- Attend an educational session
- Sign up for a 1:1 Health Coaching call
- Complete challenges
- Log onto the online portal – workshops, health goals, etc.
- Share your stories
- Make an appointment for a health-related screening
- Join the team – become a Wellness Ambassador
- And more!

Explore and work on your wellness in ways that work best for you and Be Well!



Stay in the Know with Be Well UC

Email wellness@uc.edu to get started!

- Email listserv
- Be Well UC Bearcats Landing site
 - News
 - Challenges
 - Events calendar
 - Stories
- Become a Wellness Ambassador
- Online portal



Details at <https://bit.ly/bewelluc>.



Latest News and Offerings

- Stay in the wellness know by joining the email listserv or becoming a Wellness Ambassador.
- Request a Work Well session for your department or team! Email wellness@uc.edu today!
- New *Financial Wellness – Your Money Matters* page launched.
- New Choose Your Own Challenges: Brush Up on Dental Health, Money Matters, Employee Assistance Plan, and more!

Visit
<https://bit.ly/bewelluc>
or scan the QR code for
details.



Tobacco Free UC

- As of May 1, 2017, UC is tobacco, smoke and vape free.
- The policy, as approved by the board, applies to all students, faculty, staff, and visitors.
- The rule also applies to all campus owned or leased properties, including garages.
- All forms of tobacco, including e-cigarettes, are banned from campus property.

uc.edu/tobaccofree

Cessation Resources Available:

- Quitlogix quitline and online materials
- Telephonic sessions with Employee Assistance Plan
- Nicotine Replacement Therapies
- 1:1 and Group Sessions
- And more!



Understanding Your Employee Assistance Program:

IMPACT Solutions

What is IMPACT Solutions?



- *Free*, confidential resource for counseling, and guidance
- A resource for Work/Life issues
- A referral service for: legal, childcare, financial services
- Library of management resources
- Great source for discounts

And so much more!

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Who Is Eligible for Services?



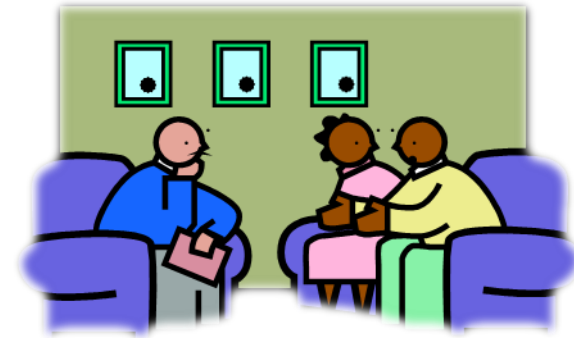
- All benefit-eligible employees
- All eligible employees and their household members
 - Dependents away from home

Counseling Services



Live 24/7 access to licensed mental health professionals. Up to 5 complimentary counseling sessions. Priority and emergency scheduling:

- Stress and anxiety
- Job concerns
- Depression
- Marital and family problems
- Alcohol and drug abuse
- Divorce



Work/Life Support



- Child and elder care
- Family concerns
- Parenting issues
- Health and wellness
- Relocation
- Daily life
- Work issues



Financial Assistance



- Provided by qualified financial counselors
- Long-term financial planning services
- Debt management assistance
- Bankruptcy prevention
- Credit report review
- Housing education
- Financial calculators



Legal Assistance



- Complimentary 30 minute consultation
- 25% discount on fees if further assistance is needed
- Consult with attorneys in your state pertaining to family law, power of attorney, living wills, real estate, etc.



Web-based Resources



- Self-search referral locators
- Health risk assessment tools
- Newsletters, seasonal tips, webinars
- Identify theft recovery
- Discounts
- Personal growth/development info

Visit IMPACT Solutions



- Call 24/7/365 for live immediate assistance
800-227-6007
- Option to request services through online form:
<https://aoh.eapintake.com/>
- Impact Solutions:
<https://mailuc.sharepoint.com/sites/HR-Benefits/SitePages/Employee-Assistance-PLa.aspx>

Mobile and web-friendly!

Additional Well-Being Resources & More



- Communiversality & OLLI
 - www.uc.edu/ce/commu
 - www.uc.edu/ce/olli
- Faculty Enrichment Center
 - www.uc.edu/about/provost/faculty/faculty-enrichment-center
- Healthy UC
 - www.uc.edu/health/healthy_uc
- Mental Health Resources for Faculty and Staff
 - <https://bit.ly/bewelluc-mental-health-resources>
- Rec Rewards with Campus Recreation
 - www.uc.edu/campusrec/membership/rewards
- Tobacco Free UC
 - www.uc.edu/tobaccofree
- Wellness Series
 - <https://bit.ly/wellness-series>



Questions?

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Log your 10 Be Well UC points for today on the Alyfe portal at [http://bit.ly/alyfe!](http://bit.ly/alyfe)

Be Well UC

New to Be Well UC?

Visit <https://bit.ly/bewelluc> or scan the QR code for details.

Join us for other programming and consider more personalized options to support your well-being journey and get rewarded for working on your wellness!





Thank you!

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