August 2015 Wellness Updates
For faculty & staff at the University of Iowa

New! Do you know a Wellness Hero?
The Wellness Hero Awards honor UI faculty and staff who are doing inspiring things for their own health and well-being that in turn, help inspire other colleagues. To acknowledge someone’s efforts, consider nominating them at http://hr.uiowa.edu/wellness-heroes. We will connect with the nominator regarding a certificate and award for the Wellness Hero.

Walking Scavenger Hunt
Join in on the hunt! The Walking Scavenger Hunt is a summer-long, self-paced walking program inspired by landmarks around the University of Iowa campus. Get out, explore, and stay active, all while earning liveWELL Points for great prizes! Each of the nine destinations has a Bonus Code associated with it. Visit My Health and Wellness at Employee Self Service to submit the Bonus Code. hr.uiowa.edu/livewell/walking-scavenger-hunt

Healthy Workshops Coaching Series
ANTI-INFLAMMATORY EATING FOR OPTIMAL HEALTH
Learn about the connection between inflammation and your health by our Registered Dietician. Sessions will provide relevant information on the latest diet strategies and other lifestyle choices that can prevent and reduce chronic inflammation in the body. Register by September 15. Workshops begin September 22.

More information online at the liveWELL website. Call 319-353-2973 or email livewell@uiowa.edu to register.

UPCOMING TOPICS INCLUDE: HEALTHY WEIGHT (NOVEMBER) AND RESILIENCE (JANUARY 2016)

Personal Health Assessment & Personal Wellness Modules
Faculty and staff in 50% or greater regular positions are eligible to receive an annual incentive of up to $65 for completing the PHA.

Receive a feedback report and access to Personal Wellness Modules on topics such as stress management, nutrition, weight management, or depression prevention. Be eligible to receive the Recreation Membership Incentive where The University will pay for 50% of your membership (which includes group exercise classes) to the five campus facilities. You will also be eligible to work with a Health Coach at no cost to you after you complete the PHA.

liveWELL Program – University Human Resources – E119 Campus Recreation and Wellness Center – Iowa City IA
liveWELL@uiowa.edu – 319-353-2973 – hr.uiowa.edu/liveWELL