Employee well-being resources are provided by the Health and Productivity units of University Human Resources: liveWELL, Employee Assistance Program and Family Services.

**Financial Well-Being**
- Financial education workshops
- Retirement planning
- Employee discounts
- Flexible spending accounts
- One-on-one financial coaching

**Physical Health**
- Free health-coaching
- Subsidized Recreational Services memberships

**Workplace Wellness**
- Win grant funding for local initiatives
- Nominate Wellness Heroes
- Help with coping in a crisis

**Family and Relationships**
- Child care and elder care resources
- Confidential help with family or relationships concerns

**Emotional Support**
- Short-term counseling available
- Information about depression, anxiety, stress management, grief and loss

**Resilience Resources**
- Develop skills for self-care, adaptability, and emotional intelligence
- Boost resilience with healthy sleep

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**HEALTH COACHING**

Create a vision, set goals, and build lasting skills toward optimal wellness. Meet with a Health Coach at the Campus Recreation and Wellness Center, University of Iowa Hospitals and Clinics, or via phone or Skype.

Qualifying employees can access referral programs at no cost, such as Mindfulness-Based Stress Reduction, Personal Training, and Nicotine Replacement Therapy.

**Well-being programs include:**

- **Annual Health Fair**
- **liveWELL Points and Wellness Store**
- **liveWELL Trainings**
- **Chronic Condition Prevention Programs**
- **Recreation Membership Incentive Program**
  - UI employees can earn 50% off a monthly membership to Recreational Services facilities.

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**GETTING STARTED:**

**Personal Health Assessment**

The Personal Health Assessment (PHA) consists of questions regarding your health practices. It is a confidential assessment, where you will receive 100 liveWELL points and a chance to win a monthly $250 drawing, as well as a tailored feedback report directing you to resources. Access your PHA at your Employee Self-Service website.

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**CONTACT US**

Campus Recreation and Wellness Center (CRWC)
Wellness Services Area, 1st Floor
(319) 353-2973 | liveWELL@uiowa.edu

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Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who required a reasonable accommodation in order to participate in this program, please contact liveWELL at (319) 353-2973.

**PRIVACY AND CONFIDENTIALITY** liveWELL programs and services are confidential. Outcomes are reported in aggregate format only for both the Personal Health Assessment and Health Coach Service.