

# liveWELL™

liveWELL inspires a culture of well-being and campus excellence, providing employees with the opportunity to thrive.

## 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.

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

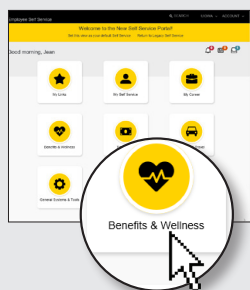
Develop skills for self-care, adaptability, and emotional intelligence  
Boost resilience with healthy sleep

## 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.

STEP 1



STEP 2



STEP 3



The PHA is available to faculty and staff in 50% or greater, regular positions.

## CONTACT US

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

→ [HR.UIOWA.EDU/WELL-BEING/LIVEWELL](https://hr.uiowa.edu/well-being/livewell)

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.

**IOWA**

University  
Human Resources