Summer Campus Wellness Scavenger Hunt

This year liveWELL is teaming up with the Pentacrest Museums to explore some of the beautiful green spaces and trees featured on our UI campus with our annual Summer Campus Wellness Scavenger Hunt. Not only is this a great way to learn more about the diversity, beauty, and stories of trees on our campus, but three stops on the Pentacrest Museum Tree Tours are also on the scavenger hunt. This program runs from June 1 through August 31. Learn more at the liveWELL website and register for the program in your My liveWELL Portal.

liveWELL Training Sessions* via ZOOM
*All class times are 12:10-12:50 p.m.

- **Temporary Changes to Public Service Loan Forgiveness – Thursday, May 5**
  The Public Service Loan Forgiveness (PSLF) program allows employees of government agencies and non-profit organizations to have the remaining balance on their Federal Direct Student Loans forgiven after making 120 qualifying payments. The University of Iowa is a qualifying employer and full-time employees are eligible to participate in the PSLF. Join us on May 5 to learn more about PSLF, temporary requirement changes, and why this might be a valuable option for you.

- **liveWELL Caregiving Needs Assessment – Monday, May 23**
  As a caregiving child of aging parents, you will want to ensure that both you and your parents maintain an accurate and on-going awareness of their abilities and care needs (current and future). What type of in-home assessments are available and how do we begin this process? This class will be led by Rhonda Halterman, Owner and Senior Resource Specialist at Livwell Seniors.

*Register for liveWELL training sessions in Self Service, My Career, My Training. Search Course Title “liveWELL”.

Diabetes Prevention Program (DPP) Info Sessions

The next cohort of our liveWELL Diabetes Prevention Program will begin on Thursday, July 28. This program will be offered virtually via ZOOM on Thursdays from Noon-1:00 p.m. This national research-based program provides participants with yearlong support to improve lifestyle behaviors. Check out the liveWELL website with complete program schedule and register now for an upcoming DPP Info Session (via ZOOM) in Employee Self-Service > My Training. Questions? Email livewell@uiowa.edu.

2022 PHA and Recharge+ – My liveWELL Portal

Log in to your My liveWELL Portal (in Self-Service, Benefits & Wellness) and take your 2022 PHA and check out a new program called Recharge+. This validated assessment provides a snapshot of your resilience and provides immediate feedback on how you can improve with text messages in three key domains: reset, rethink, reconnect. Opt in for this program and schedule the time of day to receive your text messages. Learn more and hear a personal testimony about the power of this program at the liveWELL website.

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