

MAY 2022

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.*

Enroll in Courses

- 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 [Livewell 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.