

WHAT CAN YOU EARN IN 10 MINUTES?

Take your Personal Health Assessment today and receive:

- A tailored feedback report. Sign up for text messages and receive **liveWELL** tips tailored to your health and well-being.
- 100 points added to your **myLiveWELL** portal
- Entry into a monthly drawing for \$250
(Two winners every month!)
- Eligibility for Recreation Membership Incentive
Membership includes access to free in-person and virtual fitness classes and four Recreational Services facilities
- Free Health Coaching to work on specific areas you want to improve related to your well-being

Learn more at hr.uiowa.edu/livewell/health-coach-service



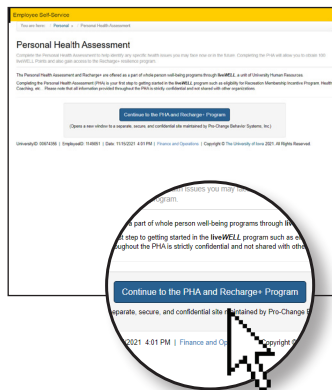
HOW TO TAKE YOUR PERSONAL HEALTH ASSESSMENT

Access your 10-minute survey at your Employee Self-Service website.

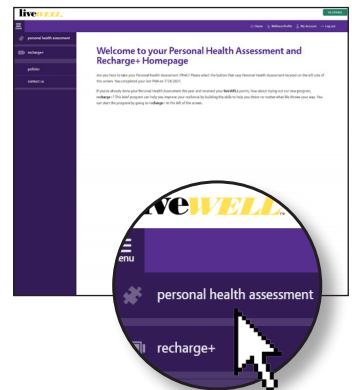
STEP 1



STEP 2



STEP 3



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



Learn more at hr.uiowa.edu/livewell
Call today (319) 353-2973 for an appointment.

The liveWELL program is provided by University Human Resources; all liveWELL services are free and confidential.

New in 2022!

RECHARGE+

liveWELL is offering UI employees Recharge+, a digital program designed to help you increase your resilience. People with higher resilience are less likely to be depressed and more likely to have better health.

Recharge+ uses the resilience evaluation measure (REM), a validated assessment to provide you with a snapshot of your current level of resilience and immediate feedback on how you can improve. After you complete the short assessment, opt-in to receive tailored text messages in three key domains: reset, rethink, and reconnect.

Benefits of Recharge+

- Get your resiliency score in under 3 minutes.
- Receive tailored text messages based on the areas where you can see the greatest improvement.
- Participate on the go. Schedule text messages for a time that works best for you.
- Access the program all year long to build consistency. Complete your assessment every 30 days to track your progress and prioritize long term health.

1

Reset
your life's meaning
and purpose

liveWELL Tip

Take an inventory of your time. What distractions are keeping you from the things that really matter?

2

Rethink
your mindset

liveWELL Tip

Being in nature or even viewing scenes of nature (think screensaver), reduces anger, fear and stress and increases pleasant feelings.

3

Reconnect
through strong
social connections

liveWELL Tip

We all want someone to lift us up in times of trouble. Who can lift you up?

How to get started

- 1 Visit Employee Self Service > Benefits & Wellness > Personal Health Assessment and Recharge+
Note: You must have completed your Personal Health Assessment at least one time during your employment to access Recharge+.
- 2 Complete Recharge+ and opt-in for text messages.
Note: You must confirm your first text message to continue receiving messages from Recharge+.
- 3 Complete Recharge+ again after 30 days to see how your resilience has improved.

→ [HR.UIOWA.EDU/LIVWELL/RECHARGE](https://hr.uiowa.edu/livewell/recharge)

liveWELL™