

**From:** [Office of the Provost HR](#)  
**To:** [Kleinmeyer, Emily E](#)  
**Subject:** FW: May Wellness Ambassador Updates  
**Date:** Tuesday, May 2, 2023 8:38:21 AM

**From:** liveWELL <livewell@uiowa.edu>  
**Sent:** Monday, May 1, 2023 5:05 PM  
**To:** Office of the Provost HR <PROV-UC-HR@uiowa.edu>  
**Subject:** May Wellness Ambassador Updates

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## **Wellness Ambassadors**



### **Note: Only Wellness Ambassadors are receiving this message. Please forward to your colleagues!**

You can edit this message before forwarding on! Hit forward in Outlook, delete this portion, and send! You may also print and post this [flyer!](#)

All 2022 Wellness Ambassadors have been mailed a Certificate of Appreciation via campus mail. If you did not receive your gift at the 2022 Wellness Ambassador appreciation event, please stop by the Campus Recreation Wellness Center, Wellness Services, Room E119 on the first floor. Our hours of operation are Monday through Thursday from 8:00 a.m. to 7:00 p.m. and Fridays 8:00 a.m. to 4:30 p.m. For any questions or concerns, please email [livewell@uiowa.edu](mailto:livewell@uiowa.edu).



### **liveWELL Trainings**

**liveWELL Trainings are held via Zoom from 12:10 to 12:50 p.m.:**

- Thursday, May 4
  - *Meal Planning for Busy People*
- Wednesday, May 17
  - *Financial Wellness: Planning for a Car Purchase*
- Friday, May 19
  - *Did You Know: Wellness Overview*

**liveWELL Trainings**



## Wellness Heroes

Wellness Heroes is a program to recognize faculty and staff members who are practicing healthy behaviors that are inspiring to others in the workplace. Wellness Heroes are nominated because they are contributing to a culture of health and well-being at the University of Iowa.

Any faculty or staff member can nominate any other faculty or staff member.

A nominated person must meet the following criteria:

- Make a positive impact in health and wellness in their workplace through a demonstrated behavior or attitude
- Be a UI employee
- Give permission to share their nomination on social media ([Twitter](#)) and the quarterly **liveWELL** newsletter.

**Nominate a Wellness Hero!**

Mental Health Awareness Month is a great time to reduce the stigma by starting conversations, increasing understanding, and educating those around you about mental illness throughout the month of May. Check out this [Mental Health Checklist](#).

University of Iowa employees can also access our [Employee Assistance Program!](#)

**Make It OK** 



### Reasons to take your 2023 PHA:

- Eligible to **sign up or maintain** the [Recreation Membership Incentive Program](#). If you're a current Recreation Services member, take your PHA and visit any facility four times per month to maintain your monthly incentive.
- **Take your PHA early in the year for more chances to win!** Employees who take the PHA are entered into a monthly drawing for \$250 (*two winners each month!*)
- **100 points** added to your [My LiveWELL Portal at Employee Self-Service](#). Earn additional [wellness points](#) for participating in programs throughout the year. Redeem points for prizes such as University of Iowa Hawk Shop gift cards.
- A tailored feedback report on your individual well-being. This report will direct you to UI, local, and national resources on various health topics.
- Access to free [Health Coaching](#) to work on specific areas you want to improve related to your well-being. A Health Coach may refer you (at no cost) to other programs such as [Mindfulness Based Stress Reduction](#), [Personal Training](#), or [Lifestyles Prevention Programs](#).

**Take your 2023 PHA!** 



Wellness Ambassadors

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