

UCR

UCR Faculty and Staff Wellness Program

Presented by:

Julie Chobdee, MPH,
Wellness Program
Coordinator

UNIVERSITY OF CALIFORNIA, RIVERSIDE

Workplace Health & Wellness

“As we embark on the path to preeminence, UCR is committed to a campus culture that promotes wellness through healthy lifestyles that enhance the quality of life for our faculty, staff, and students”.

-Timothy P. White, Chancellor



Wellness



Ergonomics



Workers' Compensation



Disability Management

Wellness



It is a lifestyle; a way of living that encourages good physical and mental health.

It is a balanced lifestyle that includes an emphasis on the body, mind and spirit.

An investment in health

The Latest Research....

According to the *American Journal of Health Promotion's* in-depth analysis, employers with work site health promotion programs see on average:

- › 27% reduction in sick leave absenteeism
- › 26% reduction in health costs
- › 32% decrease in workers' compensation and disability claims
- › For every dollar invested in wellness, employers saw an average savings of **\$5.81** due to improved employee health and reduced medical claims.

UCR Wellness Program for Faculty and Staff

Vision and Mission

- **Vision** - To have a campus community engaged in personal wellness and a vibrant, healthy, balanced lifestyle.
- **Mission** - To provide integrated programs and resources that promotes quality of life and fosters a culture of health and wellness

Current Wellness Programs



WalkingFit



MobileFit



Wellness
Ambassador
Program

Upcoming Wellness Programs



School of Medicine Physician Series



Diabetes Management Series



Smoke-Free by 2014

Upcoming Wellness Programs



Move More for 3-4 Campaign

Food Day – Oct 24, 2012



Work Life Program

- **Financial Balance**
 - Financial Wellness Resources
 - Discounts
- **Personal Balance**
 - Child Care
 - Elder Care
 - Lactation Accommodations
 - Parenting
 - Volunteer Opportunities
- **Professional Balance**
 - Professional Development
 - Campus Services & Resources
 - Alternative (Flexible) Work Arrangements



Why Wellness and Ergonomics?

- Improve health and well-being
- Improve productivity
- Prevent injury/illness
- Increase Morale
- Reduce Absenteeism/Lost Time
- Reduce Presenteeism
- Balance work and personal life



**We Care About our
Faculty and Staff!**

**Making UCR a Better
Place to Work!**

More Information on Wellness



wellness.ucr.edu



951-827-1488



julie.chobdee@ucr.edu

Questions?

