

UCR Faculty and Staff Wellness Program Presented by: Julie Chobdee, MPH,

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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









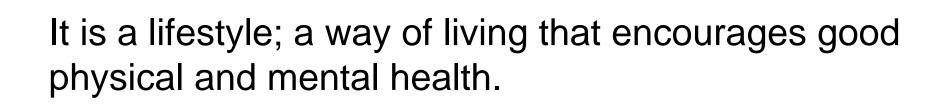
Wellness

Ergonomics

Workers' Compensation Disability Management







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* indepth 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



Wellness Programs and Services for Faculty and Staff

- > Behavior Change Programs
- > Educational Sessions
- > Wellness Workshop Series
- Wellness Information and Resources
- Health Assessment
- > Health Screenings
- > Wellness Consultations





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



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Questions?

