

UCI Wellness

Wellness Program for UCI Faculty, Staff and Retirees

UC Irvine is committed to the promotion of health and wellness and strives to maintain a safe and healthful environment. Our goal is to encourage a culture of health at UCI by educating, motivating and empowering our community to make good health decisions and practice healthy behaviors. The UCI Wellness Program is part of the larger UC systemwide wellness initiative, UC Living Well. UCI Wellness is a multi-faceted program coordinated through Human Resources but represents a partnership across the UCI Community. This university-wide effort to support your health and well-being provides resources specifically designed to help you achieve a safer, healthier and more satisfying work and personal life.

Programs & Services

- Worklife & Wellness Events
- Programs & Challenges
- Workshops & Webinars
- CPR/1st Aid Certification
- Employee Assistance Program
- Ergonomic Assessments
- Financial Coaching
- Fitness Classes
- Staff Intramurals
- Flexible Work Arrangements
- Flu Shots
- Health Screenings
- Parenting/Caregiver Support
- Return to Work Services
- Smoking Cessation
- Weight Management Programs
- Community Service Projects

Tools & Resources

- Health Assessments
- Perks & Discounts
- Quizzes & Calculators
- Healthy Recipes
- Audio/Video Library
- Wellness & Safety Toolkit
- Ergonomic Software



This workplace has been recognized by the American Heart Association for meeting criteria for employee wellness.

UC Living Well

ucnet.universityofcalifornia.edu/working-at-uc/livingwell

UC supports faculty, staff and retirees in their pursuit of a healthy lifestyle by building a culture that values health and well-being. UC Living Well, the university's wellness program, provides activities and resources to help faculty, staff and retirees reach their wellness goals.

UC Health Plans

ucnet.universityofcalifornia.edu

UC Benefits plans offer many educational and support programs, health promotion and disease management resources and healthy discounts to UC members. From preventive exams and screenings to health coaching and programs to help you manage diabetes, high cholesterol, take advantage of the programs that your UC medical, dental and vision plans provide.