

MAKE YOUR WELLNESS A PRIORITY

As a UCI/UCI Health employee, you have access to many wellness resources and programs. Explore some of the many wellness offerings available to you and visit the HR Wellness website for more.

HR.UCI.EDU/WELLNESS



MENTAL HEALTH



Life Resources Program

Access to counseling services, answers to legal or financial questions, locating child or elder care, overcoming relationship conflicts, college planning, resources for moving, worklife webinars, and more.

Faculty/Staff Support Services

Consultative services, Mental Health First Aid trainings, support to resolve behavioral health issues, and a primary crisis intervention resource to facilitate and coordinate appropriate resources.

Behavioral Health Benefits

From medication management, anxiety, to eating disorders, there are multiple behavioral health resources available through your UC health insurance provider.

PHYSICAL HEALTH



Campus Recreation

On-site and virtual fitness classes, programs, challenges, and intramural sports.

Susan Samuelli Integrative Health Institute

The institute provides support services for our extraordinary caregivers and co-workers. Mindfulness and meditation, mental health check-ins, nutrition counseling, cooking demonstrations, biofeedback, yoga, and more. Fees may apply.

Diabetes Prevention Program (DPP)

A year-long group class designed to help reduce the risk of developing Type 2 diabetes. Facilitated by certified Lifestyle Coaches using a CDC approved curriculum.

FAMILY SUPPORT



Bright Horizons

Back up care for dependents (child/elder), college coaching, parenting webinars, and more.

Lactation

Dedicated lactation spaces, information, and support to help those lactating to comfortably provide milk after returning to work.

FINANCIAL WELLNESS



Fidelity

One-on-one retirement planning, financial consultations, ongoing webinars, and tailored presentations by request.

Additional Perks & Discounts

Employees have many perks and discounts available to them including pet insurance, fitness club access, travel programs, theme park discounted rates, education programs, and more.

WANT TO GET INVOLVED?



Join the team as a volunteer

Wellness Ambassador

www.wellness.uci.edu/ambassador

Subscribe to the Wellness Listserv at

<http://bit.ly/UCIWellnessList>

Questions?

Contact your local wellness representative for more information:

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