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.

**MAKE YOUR WELLNESS A PRIORITY**

**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 Samueli 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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