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.

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
https://hr.uci.edu/wellness/wellness-ambassadors.php

Subscribe to the Wellness Listserv at

Questions?
Contact your local wellness representative for more information:

Dyan Hall – dyhall@uci.edu
Engagement & Wellness Specialist, Enterprise

Lira Islam – lirai1@uci.edu
Engagement & Wellness Coordinator, Campus

Kelly Shedd – kshedd@hs.uci.edu
Engagement & Wellness Analyst, UCI Health

PHYSICAL HEALTH

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

Susan Samuei Integrative Health Institute
The institute provides support services for our extraordinary caregivers and co-workers. Mindfulness and meditation, nutrition counseling and cooking demonstrations, biofeedback, yoga, and more.

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.