

# 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



### Employee Assistance 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, 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), virtual tutoring, 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](http://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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