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 cooking demonstrations.

Susan Samueli Integrative Health Institute Wellbeing Initiative
A wellbeing initiative to provide support services for our extraordinary caregivers and co-workers. Mindfulness and meditation, nutrition counseling, 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
Subscribe to the Wellness Listserv at http://bit.ly/UCIWellnessList

Questions?
Contact your local wellness representative for more information:

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