



POWERUP NEWSLETTER

HR Health & Wellness

April 2018

STRESS LESS SEMINAR!

April is National Stress Awareness Month and on Thursday, April 26, POWER UP Employee Wellness will host a Stress Less Seminar for all faculty and staff beginning at noon in the EDR Pavilion of the library. Led by Dr. Jerry Evans, the session will discuss how to identify individual stress factors and then employ different relaxation exercises that can help reduce stress and improve one's overall quality of life.



The free session is open to all UH employees and healthy snacks will be provided. To attend, please [register](#) online as space is limited.

FINANCIAL WELLNESS LUNCHEONS

UH Human Resources will offer two Financial Wellness presentations for faculty and staff on two different days from 11:00 AM to 2:00 PM on Tuesday, April 17 in the EDR Pavilion, second floor of the MD Anderson Library, and Thursday, April 19 at the ERP, Building 4, Room 110. During the sessions, representatives from UH and the four key UHS Retirement Savings Plan vendors - TIAA, Fidelity, VALIC and Voya - will explain how employees can enroll, maintain and manage their retirement savings plans using the "Retirement @ Work" online portal.



These sessions are free to UH employees, and lunch will be provided. To attend, however, employees must register as space is limited for these sessions.

WEIGHT WATCHERS OPEN HOUSE

You're invited to the University of Houston's WWs at Work OPEN HOUSE!

A new 12-week series of Weight Watchers at Work begins soon! Learn more at an OPEN HOUSE, Thursday, April 12, in the Campus Recreation and Wellness Center Rotunda Room at 12:00 noon. At the Open House, you'll learn more about the new series of *Freestyle* meetings ([view video](#)) which will begin the following Thursday, April 19 and will occur every Thursday from 12:15 to 1:00 PM in the CRWC. Meetings are open to all faculty, staff and students and provide ongoing support, encouragement and the convenience of being able to meet onsite at the University.



The 12-week program is \$156.00 and can be paid in full by credit card or check, or by three separate checks of \$52.00 each. For more information and to register, email POWERUP@uh.edu or contact Court Stein, Wellness Administrator, at 713-743-1991.

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- Tobacco Cessation
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Discount Purchase Program

Featured Wellness Events:

- Lunch and Learn: QPR Training
- Free Webinar: Nutritious Food Design

Contact Us

713-743-3988

<http://www.uh.edu/human-resources/wellness/>

POWERUP@uh.edu

MARCH FOR BABIES

March of Dimes

On Sunday, May 6 the University of Houston community will come together to walk for March for Babies! A Proud Partner for Babies, UH is helping to take care to another level through furthering research and programs to give every baby a fighting chance.

Marching with a team is a wonderful way to raise more funds, as well as to celebrate, honor and remember babies with others who care just as much as you do.

Register today to get started, and be sure to invite family and friends to join you in fundraising for this worthy cause! Visit the University of Houston team page today to [register!](#)



TOBACCO CESSATION

Choose to Quit

How are you doing on that resolution to quit smoking, vaping, dipping or chewing tobacco? Don't feel bad if it's harder than you thought it might be. Many ex-tobacco users will tell you that they "quit" more than once during their journey to a tobacco-free life. Fortunately, there are tools that can help you give it up for good. [Learn more.](#)



PRESIDENT'S EXCELLENCE AWARDS

2018 Award Nominations Now Open!

Every year Administration recognizes the contributions of dedicated staff who work tirelessly to support the University, their departments and teams. [President's Excellence Awards](#) are bestowed on a select group of individuals whose tireless efforts and notable achievements have made an impact on the University.

All benefits-eligible, non-teaching employees with at least three years of service at UH or in the UH System Offices are eligible for this special recognition. Any UH employee, student or community member may nominate a qualifying employee for consideration.

Nominations for the 2018 President's Excellence Awards are now open and will remain so through 5:00 PM on Monday, April 30th, giving University members 30 days to recommend colleagues for special recognition by the President. The awards, given in several different categories to qualifying employees, include:

- President's Excellence Award
- Group Excellence Award
- Innovation Award
- Community Service Award
- McElhinney Award

2018

To learn more and submit a nomination, visit UH Human Resources [Employee Recognition Program web page](#) or contact Ann Pino at apino@central.uh.edu.

DISCOUNT PURCHASE PROGRAM

Administered by BENEPLACE

Gear up with spring savings through your ERS Discount Purchase Program! Spring is coming, and it's time to adopt healthy habits. Get outside with a Raleigh bike and save 40%, or take a walk in your new shoes from Rockport and save 25%. Do you need help with healthy meal planning? Order from Home Chef and take 50% off your first Home Chef meal kit delivery. For information on these deals, plus special savings on solar panels, contacts, glasses and more, visit the [Discount Purchase Program](#).

BENEPLACE



FEATURED WELLNESS EVENTS

Lunch and Learn: QPR TRAINING

Bring your lunch and join POWER UP Employee Wellness for a presentation by the University's Counseling and Psychological Services (CAPS) office. QPR, stands for "Question, Persuade, Refer", and is a nationally recognized suicide prevention program.

This valuable training provides employees an opportunity to learn how to recognize the warning signs of a suicide crisis and how to question, persuade and refer someone to help.

- Tuesday, April 17, 12-1PM in the HR Training Room 341, McElhinney Hall
- Tuesday, April 24, 12-1PM at the ERP Building 1, Room 214

Register [here](#).

POWER UP An Employee Wellness Initiative

Free Webinar: NUTRITIOUS FOOD DESIGN

IN THE KITCHEN WITH CHEF RYAN

Thursday, April 26 at 1:00 PM CST (1 hour)

Register [here](#).

