



POWERUP NEWSLETTER

HR Health & Wellness

January 2018

BCBSTX WELLNESS BENEFITS

With the New Year comes the opportunity to focus on making healthy choices. Visit [BCBSTX HealthSelect](#) to view the wellness benefits, resources and discounts available to members including the [Blue Points](#) rewards program that allows employees to earn and redeem points for merchandise! There are 2 websites for BCBS members to access BCBS benefits -- *Blue Access for Members* and *Well On Target*.

ONLINE WEIGHT MANAGEMENT



Online weight management programs are available to eligible BCBSTX employees. [Naturally Slim](#) is a self-paced 10 week program that focuses on how and when to eat versus what to eat. [Real Appeal](#) offers year-long group sessions that focus on specific aspects of weight loss. To learn more and how to enroll online, click [here](#).

FITNESS RELEASE TIME AND WELLNESS LEAVE POLICY

Are you aware of the Fitness Release Time (FRT) & Wellness Leave policy? This policy, [MAPP 02.02.08](#), has been established to support UH employees' health and well-being.

- The FRT policy provides full-time, benefits-eligible employees who have been with the University a minimum of 3 months from date of hire up to 30 minutes, 3 times per week, to participate in approved physical fitness activities on the UH Campus. To learn more and apply to the program, click [here](#)!
- Employees who complete a yearly physical exam can earn 8 hours of wellness leave to use however they choose! To learn more about this benefit, click [here](#).

UNDERSTANDING YOUR INSURANCE

"It's all Greek to me!" If this common expression fits your current understanding of health insurance, ERS has the tutorial for you! Learn how your health plan works so you can use your benefits to help protect your family's health and finances. Click [here](#).



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Contact Us

713-743-3988

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

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FEATURED WELLNESS EVENT

Lunch and Learn: Introduction to Mindfulness Meditation!

Join POWER UP Employee Wellness for a Lunch and Learn presentation by **David Dumonde** as he shares the benefits of mindfulness meditation and guides participants through a brief group session.

- Wed, Jan 24, 12-1 at ERP 1, Rm 214
- Wed, Jan 31, 12-1 at EDR Pavilion, MD Anderson Library

Register in [PASS](#) for course HRT079

WEIGHT WATCHERS AT WORK - FREESTYLE

UH's **Weight Watchers at Work** program hosts in-person meetings on campus every week! Registration for Weight Watchers' new *Freestyle* program is now taking place. A new 17 week program begins Jan. 18. For additional information and to join **Weight Watchers today**, email cstein2@uh.edu or POWERUP@uh.edu!



Learn more about the new *Freestyle* program by watching this [quick video](#) or participating in one of their FREE webinars:

- Introducing WW *Freestyle*™ Webinar to Employees. Available On Demand. Access: webinar.weightwatchers.com/e/WWFreestyle
- Weight Watchers Experience. Thursday, January 11th at 11:00 am CST. Register: webinar.weightwatchers.com/r/WWExperience2018

USE YOUR EAP



In 2018 take advantage of your Employee Assistance Program. The University's EAP offers a wide variety of free services and resources to support employees' life/work success including confidential short-term counseling services, legal and financial resources, and much more. The **EAP** is accessible 24/7 to help.

Call 713.500.3327 or live chat with a representative online. To learn more, click [here](#).

QPR SUICIDE PREVENTION TRAINING

You never know when you might encounter a student, friend or family member in need of immediate assistance. Learn how to recognize someone who may be contemplating suicide and how to help. Attend **Question, Persuade, Refer (QPR) Suicide Prevention Training** offered by UH Counseling and Psychological Services (CAPS). Training sessions are offered throughout the semester. Two sessions will occur this month on **Tues, Jan 23 and Thurs, Jan 25, 12-1 pm** in **Student Services Center 1**. Participants must enroll in advance. For a complete schedule of trainings and to register, click [here](#).

RETIREMENT WORKSHOP

TRS will host a complimentary retirement seminar on **Sat, Jan 20, 10:15-12pm** in the **Looscan Neighborhood Library, 2510 Willowick St**. Spouses are welcome to attend! A light breakfast will be provided. Seating is limited so please RSVP via the Workshop Hotline (832) 819-2705 or via email at chenslev@preceptwm.com.

MINDFULNESS MEDITATION

Striving for better focus? Wish you could be more present in the moment? Weekly Mindfulness Meditation sessions at UH Wellness are back starting Thursday, January 25th. Sessions are open to all UH faculty, staff, and students and are held every Thursday from 12 to 1 pm in the UH Wellness Classroom, located in suite 1038 on the first floor of the Campus Recreation & Wellness Center. No pre-registration is required – just show up and join in! To learn more, click [here](#).

FARMERS MARKET

The UH Farmers Market returns this spring following a highly successful launch this past fall. Beginning Wed, Jan 17, eight markets will occur throughout the spring on Wednesdays from noon to 4 pm. For a complete list of dates and locations, and to learn more about program enhancements, click [here](#)!

