



**HR POWER UP**  
An Employee Wellness Initiative

Introduces the new

**HR POWER UP**  
Employee Wellness Platform



# HR POWER UP Employee Wellness Platform

## What is a wellness platform?

A wellness platform or portal is an online hub that serves as the main point of access for an employee's health and well-being efforts. It provides a variety of resources:

- educational content and personal health assessment
- wellness challenges, events calendar, exercise videos, and much more

A wellness platform is a *one-stop-shop* for all things health and well-being related.

## Why is a platform important?

Considered a best practice, wellness platforms encourage personal engagement with one's health and well-being. A wellness portal empowers an individual to determine their health risk status and to educate themselves on the behavioral, psychological, and external factors that put them at risk for disease. Equipped with this knowledge, users can then take action to decrease or prevent the onset of disease and live healthier, longer lives.

# How Do I Access the Platform

The screenshot displays the AccessUH website interface. At the top left is the AccessUH logo, featuring a key icon and the text "AccessUH". The browser's address bar shows the URL "https://accessuh.uh.edu/index.php". Below the header is a "University Services" section containing a grid of service icons. A red circle highlights the "POWER UP EMPLOYEE WELLNESS" icon, which is labeled "HR POWER UP Employee Wellness Portal". A red arrow points to the browser's address bar. Other visible services include Blackboard Learn, Cougars Care, CougarCard, CougarQ Queuing and Appointments, Curriculog, Facility Request Self-Service, Faculty/Course Evaluation, Get Involved, HealthyCoog Patient Portal, Integrated Compliance Oversight Network, LinkedIn Learning formerly Lynda.com, MealPlan, Microsoft 365, MyPhoto, PaymentWorks, Register My WiFi Device, Scholarship Universe, Software Download, T.A.P. Employee Online Training, UIT Network Test, and myParking Account.

Service Icon	Service Name
Blackboard Learn	Blackboard Learn
Cougars Care	CoogsCare
COUGAR CARD Online	CougarCard
CougarQ NOW SERVING 2+	CougarQ Queuing and Appointments
Curriculog	Curriculog
FIXIT	Facility Request Self-Service
COURSE EVALUATION	Faculty/Course Evaluation
UH GET INVOLVED	Get Involved
POWER UP EMPLOYEE WELLNESS	HR POWER UP Employee Wellness Portal
HEALTHY COOG PATIENT PORTAL	HealthyCoog Patient Portal
ICON	Integrated Compliance Oversight Network
LinkedIn Learning	LinkedIn Learning formerly Lynda.com
MEAL PLANS	MealPlan
Microsoft 365	Microsoft 365
COUGAR CARD PHOTO UPLOAD	MyPhoto
PaymentWorks	PaymentWorks
REGISTER MY WIFI DEVICES	Register My WiFi Device
SCHOLARSHIP UNIVERSE	Scholarship Universe
Software Download	Software Download
EMPLOYEE ONLINE TRAINING	T.A.P. Employee Online Training
NETWORK TEST	UIT Network Test
myParking Account	myParking Account

# Complete Information to Access Account

The screenshot shows a web form titled "HR POWER UP" with the University of Houston logo. The form contains the following fields and options:

- Date of birth:** 03-May-1991
- Gender:** Female
- Weight:** 5.0 (Unit: LB)
- Height:** 5 (Unit: FT) and 0 (Unit: IN)

A green "Save" button is located at the bottom right of the form.

# Employee Wellness Platform Dashboard

**HR POWER UP**  
An Employee Wellness Initiative

**START HERE**

**Onboarding Checklist**  
Jumpstart your program by completing this list

- Setup your profile 200 Points
- Set your daily goals 200 Points
- Add 5 friends 200 Points
- Complete the HRA 2500 Points
- Connect your fitness tracker 250 Points

**Activity Summary** 06-Jun-2022

- Steps: 0 Steps
- Distance: 0 Miles
- Calories: 0 Cals
- Active Minutes: 0 Mins
- Sleep: 0 Hrs 0 Mins

**Upcoming Events**

- Jun 07 Consultation with T...
- Jun 07 LIVE Core Flex and ...
- Jun 07 TIAA Hindsight 202...

**Challenges**  
You do not have any active challenges.  
[Start a Challenge](#)

**News Feed**

- Courtney Stein** 24-May-2022 12:00 am  
Earned a 2500 steps badge.
- Courtney Stein** 23-May-2022 12:00 am  
Earned a 2500 steps badge.

**Rewards Summary**  
Max Points | Total Earned Points

**Community**  
You | 0 Steps

  
Dashboard

  
Challenges

  
Health

  
Events

  
Programs

  
Trackers

  
Community

  
Points

  
OnDemand

  
Library

# Employee Wellness Platform Navigation

Challenges – Participate in a POWER UP one or create your own

Health – Assessment, Logs

Events Calendar – Activities, Webinars, etc

Programs – Wellness Activities (screenings and programs), Financial Assessment

Trackers – Exercise, Nutrition

Community – Newsfeed, Groups, Discussion

Points – Designated activities result in points; earn x amount of new points each quarter and you'll be entered into random prize drawing.

OnDemand – Exercise Videos, Mental Health Videos/Workshops

Library – News, Wellness A-Z, Health Topics

# Examples of Some Wellness Activities

## On the wellness platform

You can also:

- Obtain your health score (based on your Health Assessment results)
- Apply for Fitness Release Time and Wellness Leave.
- Take a financial wellness assessment
- Review mental health content

**The following slides show three resources that can be found on the platform among others:**

- Daily Tip for the Day – Nutrition
- Track steps, food consumption
- Follow work-out videos

# Dashboard Tip of the Day

The screenshot shows the HR Power Up dashboard interface. At the top left is the UH logo and the text "HR POWER UP An Employee Wellness Initiative". The top right contains navigation icons for a group, trophy, person, chat, profile, and lock. A dark sidebar on the left lists menu items: Dashboard (with a clock icon), Challenges (with a trophy icon), Health (with a heart icon), Events (with a calendar icon), Programs (with a flag icon), and Trackers (with a bicycle icon). The main content area features a video player with a blue overlay. The video title is "Vegan Coconut Mango Ice Cream" and the subtitle is "A Healthier Version of a Summer Classic". The video content includes the following text:

**Serves 4**

- 2 cups coconut milk
- 3 cups frozen mangoes
- 1/4 cup toasted coconut flakes

To food processor or high speed blender, add coconut milk, frozen mangoes, and honey. Turn processor or blender on low and slowly increase speed until texture is smooth.

If you'd like a more frozen texture, place ice cream in a small container in freezer for 30 minutes to an hour. Spoon into small bowls and top toasted shredded coconut flakes. Store remainder in freezer up to 6 months.

At the bottom of the video player is a control bar with play, volume, progress, and time (-0:09) indicators.

# Track Your Steps and More

The screenshot displays the 'Exercise Log' page in the HR Power Up system. The interface is organized into several sections:

- Log Activity:** Features a search bar, filters for Favorites, Recent, Most Logged, and Stop. Below is a text input field for logging an activity and a 'Common Activity' section with icons for walking, running, and cycling, accompanied by a 'Browse' button.
- Daily Steps:** Shows '0 Steps' with a progress bar and a table for logging activity.
- Daily Calories Left to Burn:** Shows '200 Calories left' with a progress bar and a table for logging activity.
- Daily Totals:** A summary table for the day's activity.
- Logged Activity:** A table listing individual activity entries.

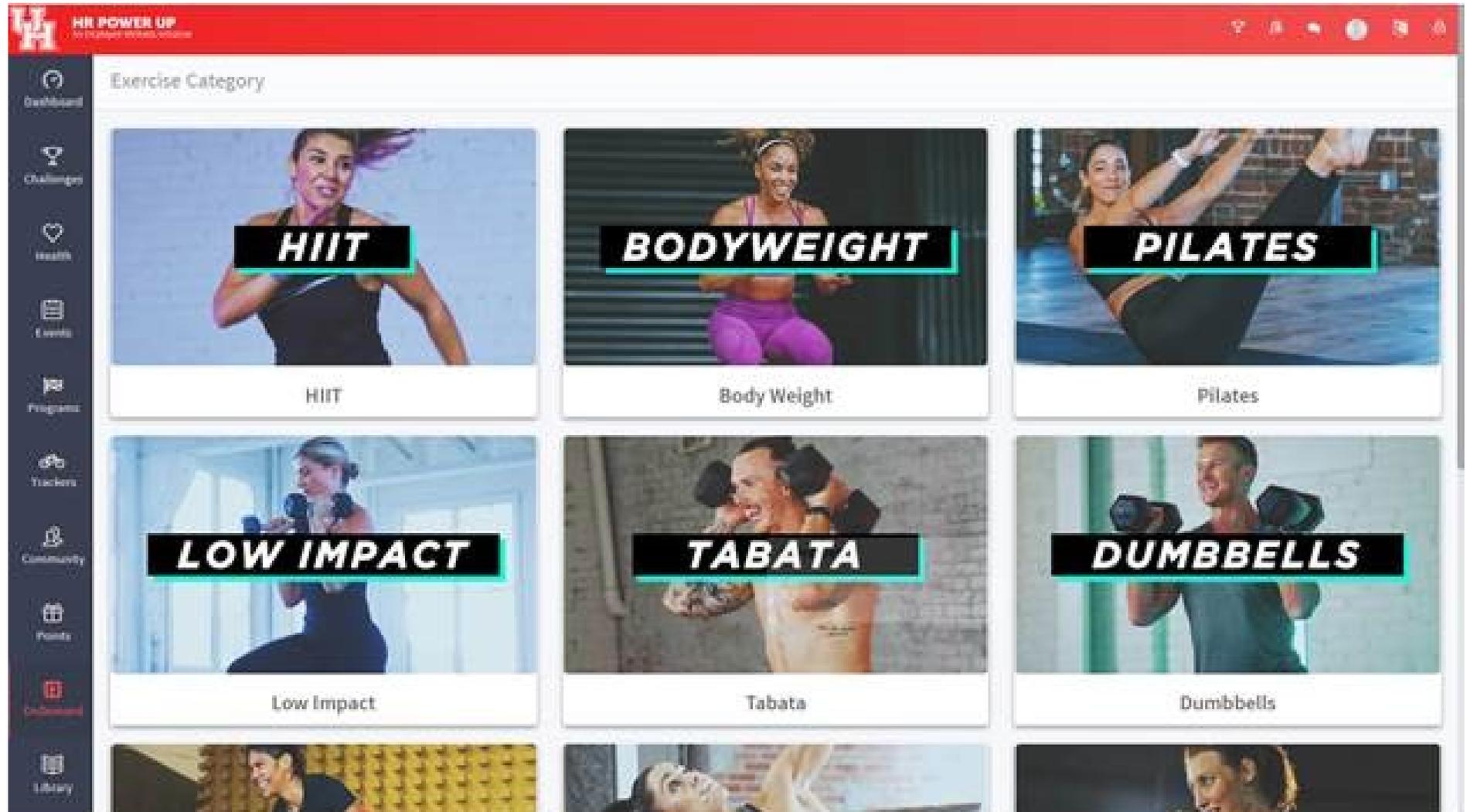
Log	Appn	Goal
0	0	1,000

Log	Appn	Goal
0	0	200

Minutes	Calories	Distance	Steps
0	0	0 Miles	0

Activity	Description	Calories	Distance	Steps	Pay	Delete
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# Exercise Videos



# Getting Started is Easy

Access your account and complete the **Onboarding Checklist**:

- Set up your profile
- Set your daily Goals
- Add 5 friends
- Complete the Health Assessment
- Connect your fitness tracker and download the MyHealthPlus app

A word about **Confidentiality**

- UH will not receive anyone's personal information nor will the vendor share employee's personal information
- UH will only receive information in aggregate form to better understand community needs
- If you access other websites through the platform, you will be subject to their individual privacy policies

Visit **POWER UP Employee Wellness** on at [www.uh.edu/powerup](http://www.uh.edu/powerup) for information

# User Tools Available

**HR POWER UP**  
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Hearing Exam	NO	10-Dec-2022	250	

### Program Resources

**ERS Wellness Channel** [View Resource](#)

The ERS Wellness Channel features webinars on a variety of topics including ones on happiness and gratitude, mental wellness, financial wellness, stress relief, mindfulness, movement and many more! You can also view video tutorials on BCBSTX Blue Points, the Well on Target Health Assessment and Real Appeal weight management program.

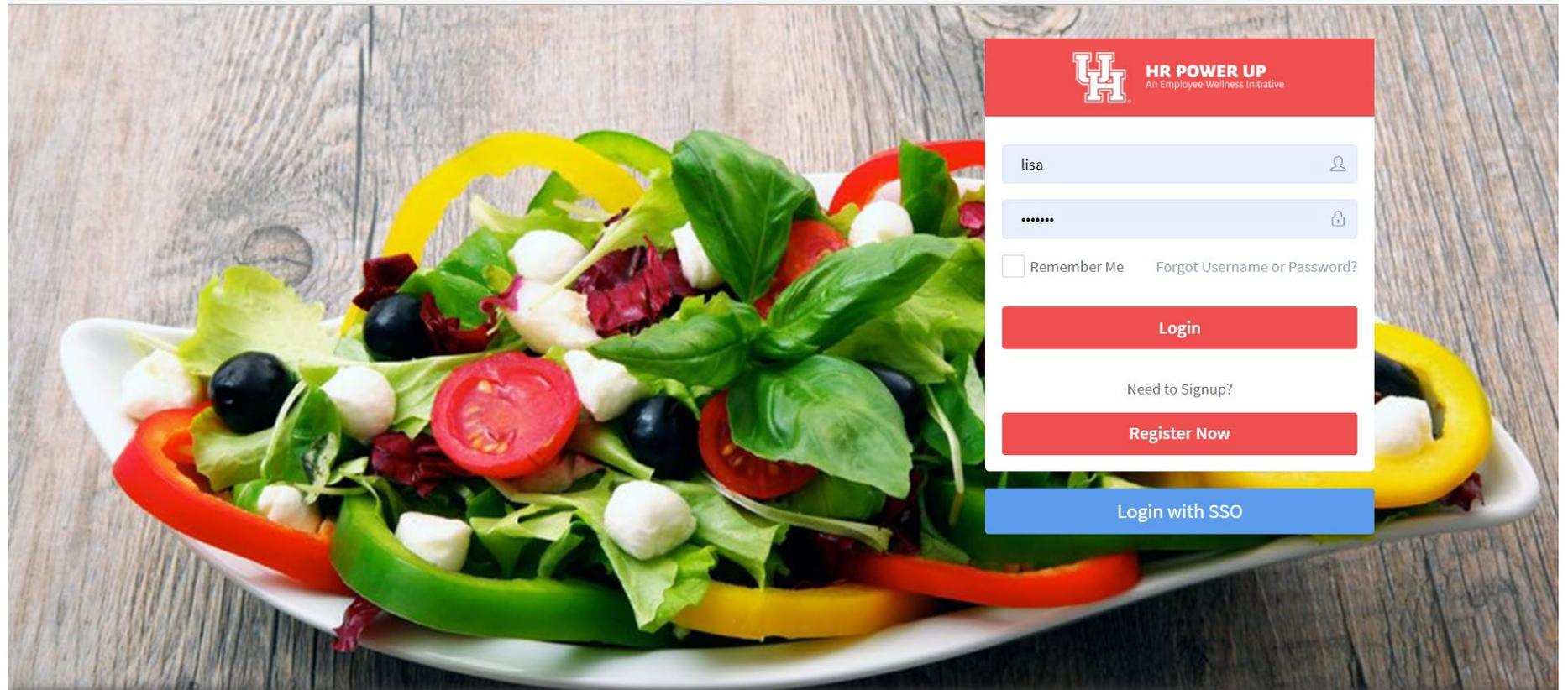
**HR POWER UP Platform User Guide** [View Resource](#)

Access the **HR POWER UP Employee Wellness Platform User Guide** to learn more about the platform. Click the green View Resource button above.

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***Explore POWER UP and Thrive!***

**Access your account today and start your journey to a healthier, happier YOU!**



**Thank you!**  
**Any Questions?**