



# POWERUP NEWSLETTER

HR Health & Wellness

December 2017

## AUTISM SPEAKS WALK



This Sunday, Dec. 3rd, walk and fundraise with friends and family to enhance the lives of people living with Autism. Taking place on the UH campus, the *Autism Speaks Walk* will occur from 7AM to noon beginning at Lynn Eusan Park. To register and/or donate, click [here](#). On the registration page, you'll find additional information including a walking route map and parking map for the event.

## CODE RED TRAINING

Code Red is a new training program offered by the Women and Gender Resource Center's Sexual Misconduct Support Services (SMSS) Program. It is designed to equip staff & faculty with skills and knowledge to respond to disclosures of sexual violence (or sexual misconduct) in a compassionate and compliant way. To become a Code Red Liaison for the campus, attend this important training Wed., Dec. 6th from 9 AM - 4:30 PM in the Student Center South, Downtown Room 261. For more information and to register, please visit the [WGRC](#) online or contact Ashley Griffin at [agriffin3@uh.edu](mailto:agriffin3@uh.edu) or 713-743-1076.



## EMPLOYEE PERKS

Who doesn't love a good discount or deal? Save money this holiday season by visiting the UH [Employee Perks](#) webpage. There, employees can access discounts and deals on everything from appliances and gifts (e.g. [MallofStyle](#)) to travel and parking arrangements (e.g. [FastPark&Relax](#)) and much more. Be sure to visit these other UH employee-eligible discount websites for additional savings and bargains: [Beneplace](#), [Corporate Shopping Company](#), [LifeMart Member Discount Center](#), and the [BLUE365 Member Discount Program](#).

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### Contact Us

713-743-3988

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



## WWS AT WORK WORKS!

UH employee members of WWS at Work have lost a combined total of 70 lbs! If weight management is a concern of yours, Weight Watchers may be an option for you in the New Year. A new [Beyond the Scale](#) series of meetings will begin in early spring. Look for membership and meeting details to be announced in January.

## COUGAR CUB DAY CAMP

The UH Cougar Cub Day Camp is offering two “Shop till You Drop - Kid-free” days for faculty and staff Saturdays, Dec 2<sup>nd</sup> and 9<sup>th</sup>, 11:00 AM – 5:00 PM, at the Campus Recreation and Wellness Center. The cost is \$25 per child and campers must



be between the ages of 5 and 12. Register now to secure a spot for your children by visiting the CRWC Welcome Desk or contacting Chelsea Watson at [cqwatson@central.uh.edu](mailto:cqwatson@central.uh.edu).

## EAP SERVICES

The holidays can be stressful for a variety of reasons. At times we all need support. The University’s EAP offers employees a variety of services including counseling services, legal and financial resources, and work/life referrals. To access the EAP, click [here](#) or call (713)500-3327. The EAP is available to you 24/7!

## WELLNESS SPOTLIGHT

UH was awarded the Top Participating Education Team Award for its participation in the Houston Corporate Run 5K! Team UH was comprised of 50 employees. Plans for next year are forming with the goal of doubling the number of UH employees participating!



## November Highlights

### MOBILE MAMMOGRAMS

Recently, The Rose’s state-of-the-art mobile unit visited campus providing 69 mammograms to eligible UH employees.

### GET THE 411 ON RETIREMENT

In early November, a total of 220 participants attended 4 different retirement sessions provided by TRS, ERS and Texa\$aver.

### UH DIABETES WELLNESS DAY

On World Diabetes Day, UH hosted its first Diabetes Wellness Day event, conducting more than 150 free diabetes health screenings. Several on- and off-campus partners provided a variety of resources.

### MONEY MATTERS

Beginning in April of this year, 275 employees powered up their finances by participating in one or more financial wellness presentations provided by TIAA, Fidelity, Voya, VALIC and TDECU.

*Know of a wellness activity open to all UH faculty and staff? Send it to [POWERUP@uh.edu](mailto:POWERUP@uh.edu). Space permitting we'll include it in the POWER UP newsletter.*