



# POWERUP NEWSLETTER

HR Health & Wellness

November 2017

## Diabetes Wellness Day

Join the UH Eye Institute and other on- and off- campus partners for a day of FREE screenings, education sessions, meetings with health



experts, and free raffle drawing giveaways! Whether you have or think you have diabetes (or pre-diabetes), know someone with diabetes, or you would just like to receive free screenings and learn more about diabetes, this event is for you! The Wellness Day will be held at the UH Health & Biomedical Sciences Complex, **Tues Nov 14, 12 – 4 PM.**

Learn more and register today at:

[www.uh.edu/diabetesday](http://www.uh.edu/diabetesday).

## Get the 411 on Retirement

Sign up today for some or all of the 411 on Retirement workshops hosted by Human Resources on **Fri Nov 3, from 9:00 AM to 3:00 PM**, in the EDR Pavilion, 2<sup>nd</sup> floor of the MD Anderson Library.

Both TRS and ERS will provide presentations to help UH employees better understand and navigate the retirement process. To see the schedule of topics and times, [click here](#). Don't miss this great opportunity to ask questions and receive the information you need to make informed decisions about retirement. Register today via [PASS in AccessUH](#).



## In This Issue

- Diabetes Wellness Day
- Retirement Workshops
- Mobile Mammograms
- Hypertension Lunch & Learn
- BCBSTX Wellness Lunch & Learns
- EAP
- October Highlights
  - Tailgate
  - Flu Shots
  - Corporate 5K

## Contact Us

713-743-3988

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

POWERUP@uh.edu

# HEALTH & WELLNESS

## Onsite Mobile Mammograms

3D/2D mammograms will be available to qualified UH employees with BCBSTX HealthSelect insurance (or other [accepted insurance](#)) with no co-pay or additional out-of-pocket expense. Screenings will be conducted on campus **Wed Nov 7 and Thurs Nov 8** at [Lot 19F](#) in The Rose's state of the art mobile unit. Few appointments remain. [Register](#) now! To learn more, click [here](#).



## BCBSTX Wellness Resources

Attend one of these brown bag [Lunch and Learns](#) presented by BCBSTX Representatives to learn about the different wellness resources available to you and your eligible dependents.

- **Thurs Nov 15, 12 – 1 PM**, Energy Research Park, Building 1, Room 214. To register, contact Amy Garcia at [Amy.Garcia@transwestern.com](mailto:Amy.Garcia@transwestern.com).
- **Tues Nov 28, 12 – 1 PM**, EDR Pavilion, 2nd floor of the MD Anderson Library. Register via [PASS in AccessUH](#) (HRT079).

Well onTarget®

## October Highlights:

**Faculty/Staff Tailgate & Game:** Over 1,000 faculty and staff attended the Cougar “Night under the Stars” Tailgate as UH took on Memphis. Participants enjoyed music, BBQ sandwiches and libations and received a free t-shirt prior to attending the game.

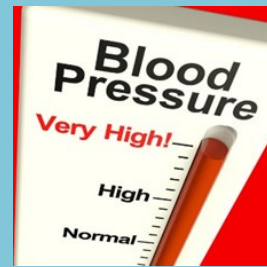
**On Campus No-Cost Flu Shots:** Over 200 employees joined us on Wed Oct 25, to receive their free flu shot at a joint flu shot clinic for BCBSTX HealthSelect and KelseyCare members.

**Corporate 5K Run:** UH employees participated in the Houston Corporate 5K. Team UH was comprised of 50 members from throughout the University. Some chose to run while others walked the route, but all enjoyed the beautiful weather and opportunity to socialize with colleagues and friends from the community.

*Know of a wellness activity? Send it to [POWERUP@uh.edu](mailto:POWERUP@uh.edu). Space permitting we'll include it in the POWER UP Newsletter.*

## Hypertension:

### What You Don't Know Can Hurt You



Bring your lunch and join your colleagues for a Wellness [Lunch and Learn](#) presented by Kelsey-Seybold's Dr. Anush Pillai, **Thurs Nov 2, 12 – 1 PM** in the EDR Pavilion, 2nd floor of the MD Anderson Library. Register via [PASS in AccessUH](#) (HRT079).

## EAP

The holidays can be a stressful time for a number of reasons. The 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!

