



POWER UP

An Employee Wellness Initiative

*Court Stein, Wellness Administrator
Human Resources*

HR Wellness & Benefits Resources:

www.uh.edu/POWERUP

- ERS/BCBSTX **HealthSelect** plan changes and updates
- **MD** and **Mental *Virtual* Health Visits**
- **Employee Assistance Program (EAP)**
- Bright Horizon's **Back-up Child and Adult Care** benefits

- Free webinars, workshops and more:
 - ✓ **Work-out** online with Campus Recreation
 - ✓ Engage in Guided **Meditation** sessions
 - ✓ Take a Beginners **Yoga** class
 - ✓ Attend a **Nutrition** webinar
 - ✓ Visit with **Retirement** vendors
 - ✓ Participate in a virtual **Counseling** Workshop
 - ✓ Explore other HealthSelect **wellness resources:**
 - Real Appeal
 - Naturally Slim



Become a POWER UP *Well-being Activator!*

Well-being Activators are “wellness champions” who promote health, wellbeing and caring at the University of Houston.

They meet monthly to learn about new programs and to help promote POWER UP Employee Wellness resources and opportunities!

To learn more and apply, visit:

www.uh.edu/POWERUP

POWER UP Wellness Challenge:

Create a healthy habit! Pick 1-2 reasonable health behaviors that you can improve upon or introduce into your daily routine.

Need Ideas?

- Increase your daily water intake
- Get physical
- Cook healthy, nutritious meals
- Start a gratitude journal
- Get 8 restful hours of sleep each night
- Practice meditation and mindfulness
- Breathe deep and stretch periodically

**HEALTHY
HABITS**
for you!

Visit www.uh.edu/POWERUP for online resources

Questions - email powerup@uh.edu