UCR Faculty and Staff Wellness Program

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Workplace Health & Wellness

“As we embark on the path to preeminence, UCR is committed to a campus culture that promotes wellness through healthy lifestyles that enhance the quality of life for our faculty, staff, and students”.

-Timothy P. White, Chancellor
Wellness

It is a lifestyle; a way of living that encourages good physical and mental health.

It is a balanced lifestyle that includes an emphasis on the body, mind and spirit.
An investment in health

The Latest Research....

According to the *American Journal of Health Promotion’s* in-depth analysis, employers with work site health promotion programs see on average:

- 27% reduction in sick leave absenteeism
- 26% reduction in health costs
- 32% decrease in workers’ compensation and disability claims
- For every dollar invested in wellness, employers saw an average savings of $5.81 due to improved employee health and reduced medical claims.
UCR Wellness Program for Faculty and Staff

Vision and Mission

- **Vision** - To have a campus community engaged in personal wellness and a vibrant, healthy, balanced lifestyle.

- **Mission** - To provide integrated programs and resources that promotes quality of life and fosters a culture of health and wellness
Wellness Programs and Services for Faculty and Staff

- Behavior Change Programs
- Educational Sessions
- Wellness Workshop Series
- Wellness Information and Resources
- Health Assessment
- Health Screenings
- Wellness Consultations
Current Wellness Programs

WalkingFit

MobileFit

Wellness Ambassador Program
Upcoming Wellness Programs

School of Medicine Physician Series

Diabetes Management Series

Smoke-Free by 2014
Upcoming Wellness Programs

Move More for 3-4 Campaign

Food Day – Oct 24, 2012
Work Life Program

- **Financial Balance**
  - Financial Wellness Resources
  - Discounts
- **Personal Balance**
  - Child Care
  - Elder Care
  - Lactation Accommodations
  - Parenting
  - Volunteer Opportunities
- **Professional Balance**
  - Professional Development
  - Campus Services & Resources
  - Alternative (Flexible) Work Arrangements
Why Wellness and Ergonomics?

- Improve health and well-being
- Improve productivity
- Prevent injury/illness
- Increase Morale
- Reduce Absenteeism/Lost Time
- Reduce Presenteeism
- Balance work and personal life

We Care About our Faculty and Staff!

Making UCR a Better Place to Work!
More Information on Wellness

wellness.ucr.edu

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Questions?