



POWER UP NEWSLETTER

WELCOME BACK!

AS WE RETURN TO CAMPUS, PLEASE TAKE A FEW MINUTES TO SKIM THROUGH THE POWER UP EMPLOYEE WELLNESS NEWSLETTER FOR RESOURCES TO HELP SUPPORT YOUR HEALTH AND WELL-BEING.

HUMAN RESOURCES
POWER UP Employee Wellness

August 2021

FLU/COVID-19/SHINGLES VACCINATIONS

Attend a UH Community Vaccination Clinic for students, faculty and staff to receive your FLU, COVID-19 and/or SHINGLES vaccinations. HEB Pharmacists will administer the flu and shingles (for eligible employees) vaccinations at no-cost to those with BCBSTX HealthSelect or other accepted insurance. A \$40 cash/check pay option will be available for those without insurance for the flu shot. Pfizer COVID vaccinations will be administered at no-cost with or without insurance. [Click here](#) for additional information including dates, times and registration links (coming soon).



UH DAY AT THE CORP. 5K

Join Team UH for UH DAY AT THE CORP. 5K, Tues., Oct. 19 at Memorial Park anytime between 4-7 PM. ALL EMPLOYEES are encouraged to participate by either running or WALKING the course! Occurring on three days, Oct. 19, 20 & 21, participate on the day and time that works best for you. The first 100 employees to register will receive a 50% discount on the entry fee! And, if **you register by Oct. 1**, you'll receive a free tech shirt, bib and goodie bag! Don't miss out. [REGISTER](#) today. Proceeds benefit the Memorial Park Conservancy. For more information & to *see past participants in action*, visit houstoncorporate5k.com.



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FEATURED WELLNESS RESOURCES

CHECK OUT THESE AUGUST
[HEALTHIER "U" CALENDAR](#)
OFFERINGS:

COVID INFORMATION

Stay in the know! For all things COVID related, please visit the [University's COVID-19 website](#). There you'll find testing and vaccination information, guidelines and protocols and much more including information on the [Cougar Vaccination Incentive Program](#).



WELLNESS LEAVE

Safe-guard your well-being and receive your reward! Are you familiar with the [Fitness Release Time and Wellness Leave Policy, MAPP 02 .02 .0 8](#)? Complete a simple online [health assessment](#) and affidavit form, after visiting your PCP for a ROUTINE PHYSICAL EXAM, and earn 2,500 BCBSTX [Blue Points](#) **AND receive 1 full day off from work!** To apply for your 8 hours of Wellness Leave (or participate in the Fitness Release Time - 30 min. 3 times week to exercise), visit the [POWER UP Wellness Policies](#) tab and follow the instructions.



HEALTHIER "U" CALENDAR

Create a "Healthier U" for yourself and the one's you love! Visit the Human Resources [POWER UP virtual wellness calendar](#) to participate in different no-cost well-being opportunities. Go online for workshops and webinars on **nutrition, yoga, cardio dance, meditation and more!** Programs occur on different dates and times and are available to UH employees at no-cost. Click the "Click HERE to see all events!" link to see each month's line up of free activities and how to join in!



EAP SUPPORT

Take advantage of the University's Employee Assistance Program (EAP). The University's EAP offers free counseling services and resources to support employees' life/work success. Whether you need to resolve a stressful work or personal situation, or have a dependent in need of support, the EAP is accessible 24/7 to help with these and other issues of concern. Call 713.500.3327 or live chat with a representative online. To learn more about your EAP benefits, click [here](#).



BRIGHT HORIZONS

Ensure your child or elder care needs are met. When your usual care provider cancels, the unexpected occurs or when your 5-18 year old child could benefit from a virtual session with an experienced tutor - use your Bright Horizon benefit! Be prepared in advance by registering now.



Rely on Bright Horizons® for:

- **A back-up plan** — find quality care any time, even when school's closed

FINANCIAL WELLNESS

Live within your means and learn to manage your finances for the short and long term.



BUDGETING BASICS

Do you know how to build a budget? How much of your income should you be setting aside? During this Budgeting Basics webinar, Andrea Johnson and Christine Graham, financial education specialists from the Office of Consumer Credit Commissioner, will go over how to track and budget your monthly expenses while setting financial goals. THURSDAY, AUG. 19, 10 – 11AM. [Register Here!](#)

CREDIT 101

Do you know what your credit score is or how to dispute wrong information on your credit report? During this Credit 101 webinar, Andrea Johnson and Christine Graham, financial education specialists from the Office of Consumer Credit Commissioner, will cover credit basics, frauds and freezes, ways to build your credit, and dispute false information. TUESDAY, AUG. 24, 10 – 11 AM. [Register Here!](#)

BUYING A HOUSE

This webinar focuses on what to consider when deciding whether to rent or buy a home. It also addresses the process of determining what housing you can afford, your credit score, different types of mortgages, and the steps involved in a home purchase. This webinar is will be facilitated by the Office of Consumer Credit Commissioner. It is for informational purposes only and does not constitute legal advice. THURSDAY, AUG. 26, 10 – 11 AM. [Register Here!](#)

COMING SOON!

- **Support for an elder loved one** — rely on an extra set of hands if their caregiver cancels
- **Full-time child care** — jump ahead on the waitlist at Bright Horizons centers
- **Assistance for the whole family** — access sitters, nannies, pet care, and housekeepers
- **NEW: Virtual tutoring assistance** — use the assistance of a **Varsity** or **Sylvan** tutor for your child providing 1:1 help in 300+ subjects. (Each back-up care day can be exchanged for 4 hours of virtual tutoring.) Watch a video to learn more: <http://bh.social/Tutoring> and [Reserve Care or Virtual Tutoring Now](#). If prompted, enter: **Employer Username:** UH | **Password:** care4you

Bright Horizons offers you two main types of care:

- **Back-Up Child Care:** Bright Horizons offers both center-based and in-home child care when regular care arrangements fall through, for unexpected school closures or illness, or as an out-of-town resource during conference travel. Center-based care is \$15 per child, per day or \$25 per family per day. In-home care is \$6 per hour for up to three care recipients, with a four-hour minimum.
- **Back-Up Elder Care:** If you serve as the primary caregiver for an elder or loved one, utilize in-home backup care for your loved one's needs. In-home care is \$6 per hour for up to three care recipients, with a four-hour minimum.

To learn more and get started:

Visit <https://clients.brighthorizons.com/uh>

Employer Username: **UH** | Password: **care4you**

Download the App: Search "back-up care" in the [App Store](#) or [Google Play](#)

Questions? Call 877-BH-CARES (242-2737)

MEDITATION THURSDAY

Achieve clarity and focus as well as better manage your stress. Attend weekly Mindfulness Meditation sessions at [UH Wellness](#) beginning Thursday, Sept. 26th. Sessions are open to all UH faculty, staff, and students and are held every Thursday from 12:15 to 12:45 pm in the new UH Wellness Extension Classroom, located in the Welcome Center building next to McAlister's. This offering is part of UH Wellness's mission to educate around all dimensions of wellness and provide a space for emotional and mental development. No pre-registration is required – just show up and join in. To learn more, click [here](#).



QPR TRAINING

Attend Question, Persuade, Refer (QPR) Suicide Prevention Training! Offered by [UH Counseling and Psychological Services \(CAPS\)](#), training sessions are one hour in length and will be offered throughout the semester. Due to COVID-19 precautions, sessions will be offered virtually



MOBILE MAMMOGRAMS

Provided by [The Rose, Breast Cancer Screenings](#) will be conducted on the **main campus** in their state of the art mobile coach on **October 4, 5, & 6** and at the **UT Tech. Bridge on Oct. 8**. More information will be announced soon.



WELCOME BACK TAILGATE & GAME

Mark your calendar for **Saturday, Sept. 18, 3-5 PM**, for the [Staff Council Welcome Back Tailgate and Game!](#) Plan now to attend with your colleagues and families. Look for more information in the coming weeks!



CORP. 5K

Rally your colleagues and friends to attend the 2021 Corporate 5K (Oct. 19, 20, & 21) to benefit the Memorial Park Conservancy! Plan to attend **UH Day at the Corp. 5K Monday, Oct. 19th** date!

[POWER UP Employee Wellness](#) will subsidize 50% of the entry fee for the first 100 employees to sign up! Participants will receive a tech shirt and more. Look for more information to come soon!

(through Zoom) on **Mondays** and **Thursdays**. Participants must enroll in advance and can participate as an individual or request a [group training](#). For details including a complete schedule and/or to register, please click [here](#).

MENTAL HEALTH FIRST AID TRAINING

Learn how to help others in crisis. Mental Health First Aid is a skills-based training course that teaches you how you can assist with mental health and substance use issues/crisis. Provided by [UH Wellness](#), this training consists of approximately 2 hours of self-paced online pre-work, followed by an instructor led 6.5 Zoom class with several breaks. Don't miss this unique opportunity *specifically for faculty and staff* to learn the skills you need to effectively assist someone in crisis. Limited space is available, so please [register now](#).



Planning or know of an upcoming health-related event or wellness activity open to faculty and staff? Send it to POWERUP@uh.edu. Space permitting, we'll include it in the POWER UP Newsletter!

Thank you,

Court Stein
HR Wellness Administrator

POWER UP
An Employee Wellness Initiative



FARMERS MARKET

Brought to you by [UH Dining Services](#), there will be four Farmer Markets this fall. Purchase locally sourced produce and other items without having to leave campus on the following Wednesdays, **12 – 4 PM** in **Lynn Eusan Park:**

September 15
October 13
November 10
Decemeber 8

Cougar Cash accepted! **P**

CONTACT:

POWER UP Employee **Wellness**

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