

From: [Court Stein](#)
To: [Stein, Courtney](#)
Subject: August POWER UP Employee Wellness Newsletter
Date: Wednesday, August 01, 2018 11:45:35 AM



POWERUP NEWSLETTER

HR Health and Wellness

August 2018

SAVE WITH nJOY VISION

Would you like to see without depending on glasses or contacts? If so, consider LASIK. As a member of the UH community -- student, alumni or employee -- you have access to *special pricing* for all-laser LASIK at [nJoy Vision](#). UH pricing is only \$1695 per eye -- a savings of \$800 per eye off full retail pricing.



nJoy Vision is a state of the art surgical center offering multiple vision correction surgeries as well as procedures for individuals with Keratoconus, a corneal disease. All surgical procedures have all-inclusive pricing including all related surgery fees, up to 6 months of post-op exams, and a peace of mind enhancement policy. A nice compliment to the comprehensive services of the University Eye Institute, [nJoy Vision](#) is located right on campus in [Health Building 1](#), Suite 130. To schedule a FREE LASIK consultation, call 713.743.7377. (Please note: UH discounts cannot be combined with any other offers.)

GET NATURALLY SLIM

Learn how to lose weight and improve your health while eating the foods you love – at no cost! If you are enrolled in [BCBSTX HealthSelect of TexasSM](#) or Consumer Directed HealthSelectSM, you, your spouse and dependents 18 or older with a BMI of 23 or higher may be eligible for the program. [Naturally Slim](#) doesn't include starving, counting calories, or eating diet food. It's an online program that helps you learn how to eat and manage your weight in a way that reduces your chance of getting a serious disease, like diabetes or heart disease, and increases your chances of living a longer, healthier life.



Learn more about how you can lose weight - plus improve your overall health – all while eating the foods you love by watching this [8 minute video](#) for an overview of the program. **Enroll today [here](#).**

In This Issue

- Save with nJoy Vision
- Get Naturally Slim
- Join Real Appeal
- Camp Gladiator Stadium Takeover
- 8th Annual Mayor's Back to School Fest
- Texans with Disabilities: A New Way to Save
- Cougars Care Wellness & Benefits Fair Recap


Featured Wellness Events

Lunch and Learn: Bright Horizons Child and Elder Care

Bring your lunch and learn more about the new employee benefit – Back-up Child and Elder Care – provided by Bright Horizons. Bright Horizons helps employees better manage their work, family and personal responsibilities by offering up to 10 days of emergency care per employee per year at subsidized rates for work-related reasons. Assistance is available 24 hours a day, 365 days a year.


Tuesday, Aug. 14, 12-1PM in the

JOIN REAL APPEAL

[Real Appeal](#) is an online weight loss program available at no cost to employees,  spouses and dependents over 18 with a BMI of 23 or higher who are enrolled in a HealthSelect Texas plan. Log on to your [BCBSTX](#) Blue Access for Members account to learn more. An expert will customize the program to meet your goals and your transformation coach will provide step-by-step guidance throughout the 52-week program. Information is taught in weekly, 30-minute online group sessions. You'll also receive a free Success Kit filled with tools and resources to keep you on track, including a nutrition guide, success guides, six Real Moves DVDs, measuring cups and spoons, a portion plate, a personal One-Shot blender, a water bottle, a digital scale and a tape measure.

Develop a personalized weight loss program and enjoy supportive online group sessions weekly. **Enroll today [here](#).**

CAMP GLADIATOR STADIUM TAKEOVER

Houston's [Camp Gladiator](#), an outdoor fitness program that provides fun and challenging full-body workouts, will be hosting a fun and free CG [Stadium Takeover](#) in Minute Maid Park, Sat., Aug. 25, 7 AM to 12 PM. Attend and enjoy the CG Experience - dash up, down, around and throughout the concourse, bleachers and field while working out at 10 CG-style fitness stations along a 3+ mile course. On hand will be local vendors, music, food, gear and giveaways! Taking place in various cities throughout the US, learn [more](#) and reserve your free ticket today! **Register [here](#).** 

8TH ANNUAL MAYOR'S BACK-TO-SCHOOL FEST

The University of Houston is proud to take part in the 8th Annual Mayor's Back-to-School Fest on Saturday, August 11, 2018 at the George R. Brown Convention Center. The goal of the Back-to-School Fest is to offer school supplies, immunizations, uniforms and health screenings to area youth and help send healthy, prepared children back to school. This event is in partnership with the Office of the Mayor and City of Houston Department of Neighborhoods.

The Back to School Fest is a unique opportunity for UH colleges and departments to showcase their resources to the community. Any departments interested in having their programs take part in the resource fair should contact Susie Molina, Director of Community Relations at srmolina@uh.edu or 713-743-6106.

Volunteers for the event are always needed; any individuals interested in volunteering can register via the city's web portal [here](#). If you have any questions related to the Back to School Fest, or know of a family in need please visit the event's [webpage](#).

TEXANS WITH DISABILITIES: A NEW WAY TO SAVE

Effective May 1, 2018, Texans with disabilities have a new option to save and plan for their financial futures. It's called the Texas Achieving a Better Life Experience (Texas ABLE®) Program. Texas ABLE, based on federal and state legislation, provides Texans with disabilities and their families the opportunity to save money for disability-related expenses in a tax-advantaged account without losing their eligibility for certain means-tested federal programs including Supplemental Security Income (SSI), Social Security Disability Insurance (SSDI) and Medicaid. The goal of the program is to help Texans with Disabilities plan for disability-related

MD Anderson Library, EDR Pavilion, 2nd Fl.

Tuesday, Aug. 21, 12-1PM at the UH Technology Bridge (ERP), Building 1, Room 214

Register [here](#).

Free Webinars:

Cooking with Julie: What's for Dinner?

Tuesday, August 7th at 1:00pm CST (1 hour)

Register [here](#).

Gratitude in the Workplace

Tuesday, August 14th at 2:00pm CST (30 minutes)

Register [here](#).

Save The Dates

Mark your calendars now and save the dates for these future offerings. Details to come soon!

- Mon., Sept. 24 – Fri., 28: Healthy Campus Week
- Wed., Oct. 3: Onsite Employee Flu Shots
- Thurs., Oct. 4: Faculty/Staff Tailgate and Game
- Tues., Oct. 9 & 10: Mobile Mammograms
- Mon., Oct. 22 – Thurs., Oct. 25: Houston Corporate 5K
- Fri., Oct. 26: TRS/ERS: 411 on Retirement Workshops

expenses. [Learn more here.](#)

COUGARS CARE WELLNESS AND BENEFITS FAIR RECAP



In mid-July, the Campus Recreation and Wellness Center filled with University employees attending the Cougars Care Wellness and Benefits Fair held July 18, from 10 AM – 2 PM. More than 50 vendors were on hand to visit with attendees and share information about a variety of health and wellness resources. Over the course of the event, employees were treated to snacks, t-shirts and fun photos, and more than a hundred canned goods were collected for charity. Afterwards, several drawings were held for gift cards and other prizes. For a list winners, [click here.](#)

Thank you,

Court Stein
HR Wellness Administrator

CONTACT US

phone: 713-743-3988

web: <http://www.uh.edu/human-resources/PowerUP-Wellness/>

email: POWERUP@uh.edu

This is an official message sent by the University of Houston. To verify the validity of this message, visit uh.edu/phishing or email security@uh.edu.