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POWERUP NEWSLETTER

HR Health and Wellness

July 2018

COUGARS CARE WELLNESS & BENEFITS FAIR!

Mark your calendar and plan now to attend the UH Employee *Cougars Care Wellness and Benefits Fair*, **July 18, 10:00 AM - 2:00 PM** in the **Campus Recreation and Wellness Center!** Human Resources staff and a variety of vendors will be on-hand to discuss services and programs available to employees in the areas of health, vision, finance, personal wellness and more. Included in these will be representatives from [BCBSTX HealthSelect](#) and [KelseyCare](#) who can answer questions about Benefits and Open Enrollment. Join your colleagues at this fun annual event for special offers and raffles to win great prizes. Visit the [Wellness and Benefits Fair webpage](#) for more information and updates!



SUMMER OPEN ENROLLMENT

This year Summer Open Enrollment will occur July 2 – July 21. During this time, you may make changes to your health benefits without experiencing a qualifying life event such as a birth or marriage. Changes to your health benefits can be made online by logging into your insurance account. However, employees seeking Qualifying Life Events (QLE), Family Status Changes (FSCs) or Post Hire Changes (PHCs) must have them processed in the Human Resources Service Center, 3rd floor, McElhinney Hall, June 25 – July 27. If you need help with benefits enrollment, [Human Resources](#) can assist you any time between now



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Featured Wellness Events

Lunch and Learn:

Urban Gardening with Sustainability

Bring your lunch and join us for an urban gardening workshop with the Office of Sustainability! During the workshop you'll receive tips on organic gardening and composting. The workshop will also include an herb drying demonstration and information on which plants to grow during the upcoming fall growing season.

Tuesday, July 17, 12-1PM in the MD Anderson Library EDR Pavilion, 2nd Fl.

Thursday, June 19, 12-1PM at the ERP Building 1, Room 214

Register [here](#).




Free Webinar:

Chef Ryan – Cutting Time in the Kitchen

and noon on July 20, 2018.

WWS AT WORK 12 WEEK SERIES

A new 12-week series of on-campus Weight Watchers meetings  will begin July 19! Join current members for a no obligation **OPEN HOUSE** meeting on **Thursday, July 12, 12:00 – 1PM**, in the **Campus Recreation and Wellness Center (CRWC), Wellness Classroom**. At the meeting you can learn more about the program and decide if it's right for you. The 12 week series costs \$156, and meetings occur every Thursday from 12:15 to 1:00 PM on campus in the CRWC. Open to all faculty, staff and students, the meetings provide ongoing support, encouragement and the convenience of being able to meet onsite at the University. For more information and/or to register, email POWERUP@uh.edu or contact Court Stein, Wellness Administrator, at 713-743-1991.

BCBSTX HEALTHSELECT WELLNESS BENEFITS

If you missed the recent BCBSTX HealthSelect presentations on member Wellness Benefits, no worries; log onto www.healthselect.bcbstx.com and click "Health and Wellness/Incentives" in the left column. On the page you will find a Power Point presentation providing an overview of the different wellness offerings available to you and your covered dependents. Visit the different links on the page to learn about Blue Points, Weight Management Programs, Tobacco Cessation, Health Coaching and the Fitness Program, as well health trackers, mobile apps, courses and more! If you have questions about wellness resources or any of your medical benefits, ask a Personal Health Assistant! Call toll-free at (800) 252-8039.

MD VIRTUAL VISITS AT NO COST

BCBSTX HealthSelect offers members convenient options for care. With [Virtual Visits](#), you can consult a board-certified doctor anytime online or by phone. Doctors can diagnose simple, non-emergency medical health conditions *and* write prescriptions that can be sent directly to your pharmacy. These visits are at no cost to you if you are enrolled in HealthSelect of Texas, HealthSelect Out-of-State, or HealthSelect Secondary. If you are enrolled in Consumer Directed HealthSelect, you will be required to meet the annual deductible before visits are covered, subject to coinsurance after the deductible is met. Virtual Visits for mental health are not covered under the plan. Also, if you are making plans to travel this summer, don't forget to prepare for any unexpected medical issues that might occur. Learn more [here](#).



WELLNESS LEAVE BENEFIT

You may already be familiar with the Fitness Release Time (FRT) portion of [MAPP 02_02_0.8](#), but are you aware that the policy also enables eligible employees to earn 8 hours of Wellness Leave? To qualify for Wellness Leave, employees must receive a yearly routine

Thursday, July 12th, at 1:00pm CST (1 hour)

Register

here: webinar.weightwatchers.com/r/CTIK2018

physical exam and complete an approved Health Risk Assessment. To learn more about this benefit and apply for Wellness Leave, [click here!](#)

TURN THE PAGE LITERACY INITIATIVE

Reading is a critical part of early childhood development and unfortunately many families in our community are faced with a lack of books in their homes. Now through July 13th, you can donate gently used or new books to collection boxes located around campus. All books collected will be donated to Books Between Kids, a local organization that serves at-risk children by providing them books to build their home libraries. UH Campus donation locations:



- E. Cullen Room 108
- Children's Learning Center Wheeler Campus
- Children's Learning Center Cameron Building
- Main Lobby of Building 1 of Energy Research Park

Donations can also be made at all Houston Public Libraries as well as Mac Haik Ford dealership. More information about the book drive can be found [here](#).

Thank you,

Court Stein
HR Wellness Administrator

CONTACT US

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