



POWERUP NEWSLETTER

HR Health & Wellness

May 2018

EXPERIENCE TAI CHI

Looking for some stress relief? Try **Tai Chi**! Sponsored by the [Public Art of the University of Houston System](#), this free healthy campus activity is open to everyone - students, faculty and staff - and no prior experience is necessary.

Join friends and colleagues **Tuesday, May 1, at 11:00 AM** near Lawrence Argent's beautiful "**Your Move**" sculptures in the **courtyard of University Lofts**, 4700 Calhoun, to participate. No registration required. Simply show up and join in.

Originating in ancient China, [Tai Chi](#) is often referred to as meditation in motion. Comprising slow, mindful movements, it is a graceful, self-paced system of gentle physical exercise and stretching known for stress reduction and aiding with a variety of health conditions.

For more information, click [here](#) or contact Brooke Kaiser at bkaiser@central.uh.edu.

Tai Chi

NEW OUTDOOR FITNESS COURSE

The [Department of Campus Recreation](#)'s new **Outdoor Fitness Course** may be your ticket to becoming more active. Made possible through a collaboration with the University's [Army Reserve Officers Training Corps \(ROTC\)](#) program, different fitness stations are positioned around the 1/3 mile track located in the **CRWC Field**.

Designed to provide a challenging experience, the exercise units enable users to take their upper body, core and lower body workouts to the next level. Walk or run the track and exercise along the way! The fitness course is available to the entire UH community. To learn more, click [here](#).



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Contact Us

713-743-3988

<http://www.uh.edu/human-resources/wellness/>

POWERUP@uh.edu

ANNUAL EYE EXAM COPAY WAIVED

The [University Eye Institute](#) (UEI) is again waiving the annual eye exam copay for all UH faculty and staff using the BlueCross BlueShield HealthSelect Medical Insurance plan. This is an ongoing copay waiver and is not limited to any specific time of year.

Also, UH faculty and staff receive a 30% discount on all eyeglasses and sunglasses and 15% on contact lenses. These discounts cannot be combined with other offers or insurance.

For questions regarding copays and coverage, or to schedule an appointment via phone, give us a call at (713)743-2020. You may also request an appointment online at [here](#).



UH CAMPUS PHARMACY RX TAKE BACK PROGRAM

The [UH Campus Pharmacy](#) participates in a **RX Take Back Program** making the disposal of unused and expired prescriptions, including controlled substances and over-the-counter medications, quick and easy.

This important initiative addresses a vital public safety and public health issue, the increasing rate of prescription drug abuse, overdoses and accidental poisoning.

Available during regular operating hours, the **Rx Take Back Kiosk** provides an anonymous and convenient way to dispose of drugs in tablet, capsule and other solid dosage forms safely and without harming the environment. (Liquids, needles, sharps, asthma inhalers and illicit drugs are not accepted.)

Easily accessible, the kiosk is located in the **UH Campus Pharmacy in Building Health 2, Room 1211 on the first floor.**

For questions or additional information, contact the UH Campus Pharmacy at 713 743-5125 or visit them online at the [Campus Pharmacy Website](#). You can also click this link [Public Disposal Locations](#) to find an authorized collector in your area. For more on the safe disposal of medications, click [here](#).



PRESIDENT'S EXCELLENCE AWARDS NOMINATIONS EXTENDED

The nomination period for the 2018 [President's Excellence Awards](#) has been extended to end of day **Friday, May 11 at 5:00 PM.**

Please tell us why one or more of your colleagues deserves special recognition by nominating them for one of the President's Excellence Awards today! The 2018 Awards are:

[President's Excellence Award](#)
[Group Excellence Award](#)
[Innovation Award](#)
[Community Service Award](#)
[McElhinney Award](#)



All benefits-eligible, non-teaching employees with at least three years of service at UH or in the UH System Offices are eligible for this special recognition by the President and may be nominated by any UH employee, student, or community member.

To learn more and make a nomination, please visit our [Employee Recognition Program web page](#). For additional questions/information, please contact Ann Pino at apino@central.uh.edu.

FEATURED WELLNESS EVENTS

Lunch and Learn: Technology Training

Join POWER UP Employee Wellness for a Lunch and Learn presentation exploring the different free technology training courses available to faculty and staff.

Wed., May 16, 12-1 PM in the EDR Pavilion, M.D. Anderson Library

Wed., May 23, 12-1 PM at the ERP,1, Rm. 214

Register [here](#).

Free Webinar: Meal Prep Solutions

Learn meal prep tips, tricks and solutions for the work week from a Weight Watchers Chef and recipe developer.

Tues., May 22, 4:00 PM

Duration: 1 hour

Register [here](#).

FARMERS MARKET

Shop for locally sourced and produced food as well as other interesting items at the [UH Farmers Market](#) — *Cougar Cash now accepted!* The last Market of the semester will take place this month. Mark your calendars today!

Wed., May 2, 12- 4 :00 PM

[Butler's Plaza](#)

