



POWER UP NEWSLETTER

BE WELL!

PLEASE TAKE A FEW MINUTES TO SKIM THROUGH THE POWER UP EMPLOYEE WELLNESS NEWSLETTER FOR IMPORTANT RESOURCES TO HELP SUPPORT YOUR PERSONAL HEALTH AND WELL-BEING.

HUMAN RESOURCES
POWER UP Employee Wellness

September 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](#) to register for your vaccinations on either **Mon., Sept. 13** or **Wed., Sept. 15**.



MOBILE MAMMOGRAMS

Get your annual mammogram during Breast Cancer Awareness Month. This October,

mammograms will be offered on the central campus Oct. 4, 6, 11, and at the Technology Bridge Oct. 8. Screenings will be available to qualified UH female employees with BCBSTX HealthSelect insurance (or [other accepted insurance](#)) with no co-pay or additional out-of-pocket expense. Provided by [The Rose](#), screenings will be conducted in their state of the art mobile unit. For more information including mobile unit locations and registration links, **look for an email communication to come**



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soon. [REGISTER](#) online *early* (Code **UH**) to take advantage of this on-campus screening opportunity.

UH DAY AT THE CORP. 5K

Join Team UH for UH DAY AT THE CORP. 5K, Tues., Oct. 19 at Memorial Park anytime between 4-6:30 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.



COUGAR RHETORIC

Join your fellow Coogs to develop your communication and leadership skills, resulting in greater self-confidence, and both personal and professional growth. **Cougar Rhetoric, the Toastmasters International Club for UH staff**, meets every **Tuesday from 12 pm - 1 pm**. Join Cougar Rhetoric's Club Meeting, **Zoom Meeting ID: 979 4151 7837. Passcode: 496452**. For more information and to communicate your interest in Cougar Rhetoric or Toastmasters, please contact Elyse Davis at edavis@central.uh.edu or 713-743-8180.



CATALYST LEARNING PROGRAM

Discover **CATALYST!** The [CATALYST Learning Program](#) offers a wide variety of professional development courses for all UH Staff, from Individual Contributors to Supervisors, Managers, and Senior Leaders. We have courses covering an array of topics, including organization and time management, communication, coaching, and leadership. **Up Next: Mastering Your Productivity; September 15, 10AM-Noon.** Do you have items on your to do list that never seem to come off? Do you feel like you're so bogged down in emails you can't accomplish your important tasks? Learn how to become the master of your time, calendar, and energy, with tools and techniques you can apply immediately. **Coming Soon: The Six Critical Practices for Leading a Team; September 29, 8:30AM-4:30PM.** The 6 Critical Practices for Leading a Team is a *Franklin Covey* workshop which focuses on equipping first-level leaders with the essential skills for getting work done with and through their team. This workshop is ideal for new leaders who are transitioning from an individual contributor to a leader of others. (*This training is exclusively for those in a role managing direct reports.) These course PLUS Discovering the Different Communication Styles, Coaching for Improved Work Performance, Leading Up, Creative Problem Solving, and more are available on the [CATALYST Enrollment](#)



FEATURED WELLNESS RESOURCES

CHECK OUT THESE SEPTEMBER [HEALTHIER *U* CALENDAR OFFERINGS:](#)



BUILD A RESILIENT, SMARTER BRAIN WITH DR. CHAPMAN

Learn how simple changes can lead to improved productivity, mental energy, stronger health and well-being. No matter what your age, Dr. Chapman will inspire you to use the power of your mind as she provides practical strategies to improve your own brain health. This webinar will be conversational in nature and will provide plenty of time for your questions. To attend this webinar **September 9, at 10AM, REGISTER HERE.**

real appeal

BCBSTX HEALTHSELECBENEFIT HIGHLIGHT: WHAT IS REAL APPEAL?

In this 30 minute webinar you will be given an overview of Real Appeal, a program based on decades of clinical weight loss research focused on simple steps combined with personalized tools and support. Join this webinar to learn

App. [Click HERE to sign up today!](#) Questions?

Contact: ulearn@Central.UH.EDU.

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 before the current year comes to an end, you'll need to apply soon. Visit the [POWER UP Wellness Policies](#) tab for more information and follow the instructions to apply.



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!



FARMERS MARKET

Buy fresh and support local vendors! 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. Markets will be held Wednesdays, **12 – 4 PM** in **Lynn Eusan Park on September 15, October 13, November 10 and December 8.** Mark your calendar with the dates and plan to visit the UH Farmers Market throughout the fall. Cougar Cash accepted!



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](#).

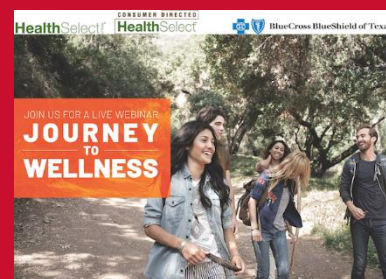


COVID INFORMATION

Stay in the know! For all things COVID related, please visit the [University's COVID-19 website](#). There you'll



how to get started and succeed with this program! To join this webinar on **September 9, at 11:30 AM, [CLICK HERE](#)**.



JOURNEY TO WELLNESS: BCBSTX WELLNESS BENEFITS OVERVIEW

From getting enough exercise to eating a well-balanced diet, you have many ways to maintain your health and wellness. This presentation will introduce you to the wellness resources and tools available to you and your covered dependents through HealthSelect of Texas® medical plans, including Consumer Directed HealthSelectSM. These resources will help you on your journey to wellness, starting with the Well onTarget® wellness portal. We will also cover the Blue PointsSM incentive program and fitness and weight management programs. To attend this presentation on **September 14, at 10AM, [REGISTER HERE](#)**.



FINDING FLOW AT WORK AND IN LIFE

Explore strategies to find flow both on and off the job. Learn how to get in "the zone," and find your flow with flow master Albert Lucio. Lucio is a Foster

find testing and vaccination information, guidelines and protocols and much more including information on the [Cougar Vaccination Incentive Program](#).

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
- **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)

Care Development Specialist, internationally recognized sand sculptor and magician who will delve into the powerful benefits of finding your flow as well as the psychology behind the flow state. To attend this webinar on September 16, at 10AM, [REGISTER HERE](#).



ENHANCING PERFORMANCE AND PRODUCTIVITY IN THE MODERN WORKPLACE

In this webinar Stephen White will provide strategies to help you enhance your brain's performance and put into practice habits that can capitalize on your brain's untapped potential. Whether you are a leader who wants to minimize mental fatigue among your workforce or an employee who wants more time for the things and people you love, you will gain valuable insights from this webinar. The webinar will be conversational in nature and will provide plenty of time for your questions. To attend this webinar on **September 23, at 10AM,, [REGISTER HERE](#)**.



**BCBSTX HEALTHSELECT
BENEFIT HIGHLIGHT: WHAT IS
WONDR HEALTH?**

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 (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

Wondr Health, formerly known as **Naturally Slim**, is a common-sense, online weight loss program based on Eatology™, the study of when, why and how we eat. Unlike diets which rely on your will power and 'eat this, not that' advice, Naturally Slim teaches you simple, repeatable skills to help you lose weight and keep it off in the real world, without giving up the foods you love. In this webcast, you'll learn how Wondr Health works and how you can get started at no cost! To view this webcast on **September 30, at 10:30 AM, REGISTER HERE.**

CONTACT:

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POWER UP

An Employee Wellness Initiative

