Get Connected!

Welcome to the New Year - filled with new opportunities to Get Connected: to the new portal, to new challenges and events and with your colleagues at Work Well sessions. We encourage you to take advantage of the new resources made available to help you make wellness a priority in 2018 - and get rewarded for doing so!

Why Get Connected?

Lack of connection can be a greater detriment to health than obesity, smoking and high blood pressure, while strong connection to others strengthens the immune system, helps us recover from disease faster, and increases longevity up to 50%. Learn more at http://bit.ly/2zyzJ2o.

Make Genuine Connections for Success

Find new ways to work toward wellness with those you sit around the table with regularly. Share what your passions and motivations are. Do something fun, out of the norm. Know when it’s time to turn off the tech. Boundaries are ok, though being available matters. Read more at http://bit.ly/2AfV0qc or consider hosting a Work Well session: http://www.uc.edu/hr/bewelluc/i_want_to/workwell.html

We hope this quarter you’ll Get Connected to:

- **The new portal**, powered by Alyfe with resources including meal planning, talk with a trainer or dietitian, and fitness tracker connectivity.
- Financial and health resources provided at the Inve$t In Yourself Event and throughout the Financially Fit Challenge.
- **Be Well UC Health Coaching** to set a plan for yourself, whether it’s finding more time for wellness or just to address the biometric results you received in 2017.
- **Colleagues** through our new discussion boards within the portal, where we’ll post questions, ask for your favorite healthy recipes and help connect with each other.

Questions? Please contact wellness@uc.edu uc.edu/hr/bewelluc