January 2020 Offerings

Quick Tips:
- All activities can be self-reported and logged in the Alyfe portal at [http://bit.ly/Alyfe](http://bit.ly/Alyfe) other than Be Well UC and Benefits quarterly events and Health Coaching sessions.

Impact Solutions (UC’s EAP) Webinar: Mindful Meal Planning

Alyfe Portal Launches Upgrades!
Kick off the new year on a good note with a new portal look and improved functionality! Similar yet improved look AND functionality!

Wellness Drop In Sessions
Drop by to ask any questions about Be Well UC, the portal, logging points, & more.

**All dates will also be online via WebEx.**
Jan. 9 12-1 p.m. Univ. Hall 465 (Medical Campus)
Jan. 15 8:15-9:15 a.m. Health Science Building (HSB) G03C (Medical Campus)
Jan. 22 12-1 Lindner Hall 0025 (Main/West Campus)
Jan. 27 3-4 p.m. Univ. Hall 465 (Medical Campus)

Wednesday, January 8: Blood Pressure Screenings (drop in!)
11 a.m. - 1 p.m. Univ. Hall 465 (Medical Campus). All are welcome!

Thursday, January 16, 23 & 30:
Yoga As You Are
12:30-12:50 p.m. Langsam Library (behind the Triceratops statue)
All are welcome!

Questions?
Please contact wellness@uc.edu
[uc.edu/hr/bewelluc](http://uc.edu/hr/bewelluc)
Tuesday, January 28: Learn It Live: Plan to Be Productive
11:30 a.m. – 12:30 p.m. Faculty Enrichment Center 540GF

Wednesday, January 29: Connect & Reflect: Make This the Best Year with Goal Setting
12:15-1p.m. TUC 415 (Main/West Campus) and Online via WebEx

2019 Be Well UC Incentive Payouts
Incentives earned in 2019 will be paid on the Jan. 21 (biweekly) and Jan. 31 (monthly) paychecks.

Earn More & Celebrate the Portal Improvements- Monthly Raffle
To celebrate, Be Well UC will be having a monthly raffle between January- March!

How to enter: Simply create an Alyfe account and log in! Three random winners will be announced and notified each month.

YMCA Diabetes Prevention Program (DPP) Cohort Launches Soon
Email wellness@uc.edu if interested with ideal UC locations and times
The DPP is a 12-month program to help adults at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles.

Thursday, February 20: Invest in Yourself
9 a.m. – 1 p.m. Tangeman University Center (West/Main Campus)

- 45-minute sessions where you will learn ways to Invest in Yourself; including topics like: Travel Hacks on a Budget, Retirement Plan Changes Overview, and Home Renovations on a Budget.
- Earn 25 Be Well UC points ($25 value!).
- Donate goods to the Bearcat Pantry.
- Stay tuned for more details!

Have questions about Be Well UC, how to log points, or something else?
Reach out to the Be Well UC team at wellness@uc.edu for help!

Be Well UC educate • support • empower