November 2018 Programming

Learn more about our Q4 theme, Disconnect to Reconnect at: http://bit.ly/q4spotlight.

Quick Tips:
- Live sessions will be reported for you. Webinars/BP screens can be logged as a pop up event.
- Each item below is worth 10 points,
- Sign up at http://bit.ly/HR-EDGE unless noted below!

Annual Enrollment is Nov. 1-30 for electing benefits.

Impact Solutions (UC’s EAP) Webinar: Five Generations in One Workplace
View anytime (and previous month topics as well) on the EAP portal at http://bit.ly/ImpactEAP

Thursday, Nov. 1: Yoga As You Are
12:30 p.m. – 12:50 p.m. – Langsam Library (behind the Triceratops statue). All are welcome!

BENEFITS & WELLNESS FAIR
NOV. 6, 2018 • TUC • 10AM-2PM
Make your benefits work for you!

**NEW LOCATION** TUC 4th Floor (West Campus)

Wednesday, Nov. 7: Blood Pressure Screenings (drop in!)
11 a.m. - 1 p.m. University Hall 454 (Medical Campus) &
11:30 a.m. to 1 p.m. Campus Rec Breezeway (West Campus). All are welcome!

Tuesday, Nov. 13 & Monday, Nov. 19: Learn It Live – Digital Detox
Tuesday, Nov. 13 8:30-9 a.m. CARE 1870 (Medical Campus)
Monday, Nov. 19 3:30-4 p.m. TUC 407 (West Campus)
Take a step back by disconnecting with the “noise” of life to reconnect with others around you.
Wednesday, Nov. 14: Living in Neighborhood Sustainability Series
6-7 p.m. TUC 417 (West Campus). All are welcome! Hosted by UC Sustainability.

Thursday, Nov. 15: Great American Smokeout
8:30-11 a.m. T. rex Tour (Medical Campus), 11 a.m. & 1 p.m. Spruce Ups (West Campus & UC Clermont), 12:30-1:30 p.m. What’s New with Tobacco Free Living session (Medical Campus)
Join Tobacco Free UC for activities & show your support. The American Cancer Society encourages people to take their quit journey one day at a time. Details at www.uc.edu/tobaccofree.

Thursday, Nov. 15: Alyfe Webinar: A Mindful Approach to Living

Friday, Nov. 16: Healthy Tailgating & UC Women’s Volleyball Game
Fifth Third Arena (West Campus) – 11:30 a.m.-noon Get tips to make the healthy choice the easy choice on game days with Angela Bruzina, UC Nutrition instructor.

Noon-1 p.m. Be one of the first to see the renovations, and cheer on the UC Women’s Volleyball team!

Open to 50 UC employees! MUST register at http://bit.ly/HR-EDGE. Earn 10 BWUC points and try samples! Hosted by UC Athletics, Facilities and BWUC.

Tuesday, Nov. 20 & Wednesday, Nov. 28:
Learn It Live – Portal Pros: Get Paid to Be Well (drop in!)
Tuesday, Nov. 20 3-4 p.m. (online/phone via WebEx) or University Hall 445 (Medical Campus)
Wednesday, Nov. 28 8:30-9:30 a.m. TUC 407 (West Campus)
Ask questions about Be Well UC, cash incentives, the portal, and more!

Monday, Nov. 26 & Thursday, Nov. 29: Learn It Live – Memory Boost
Monday, Nov. 26 12:30-1 p.m. University Hall 310 (Medical Campus)
Thursday, Nov. 29 12:30-1 p.m. Teachers 501 (West Campus)
Learn some tips to improve our memory despite our age, and try to defeat your own aging process.
**NEW!!** Tuesday, Nov. 27 & Thursday, Nov. 29: 
Connect & Reflect – Power of Habit

**Tuesday, Nov. 27 12:30-1 p.m. University Hall 455 (Medical Campus)**
**Thursday, Nov. 29 Noon-12:30 p.m. Teachers 501 (West Campus)**

Be in community with other UC faculty and staff to discuss what the power of habit means to you, and ways to make them work for you. Discussion prompts will be provided, lunches are welcome!

On-Campus Flu Shots & Screening Mammograms

- Nov. 1 8-10 a.m. & 11:30 a.m.-12:30 p.m. (UC Clermont)
- Nov. 6 10 a.m.-3p.m. (West Campus)
- Nov. 8 12:30-1:30 p.m. (Victory Parkway)

YMCA Diabetes Prevention Program Cohort 3 Launching in January 2019!

12 month program to help adults at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles. Employees on the UC Anthem medical plan are eligible and must meet the qualifications. NO COST ($429 value), FREE yearlong YMCA membership ($750 value), & unlimited support (priceless)!

Email wellness@uc.edu if interested with ideal UC locations & times. Details at http://bit.ly/UCDiabetes.

**Nov. 6th from 10 a.m.-2 p.m. in TUC 415 (West Campus)** Chat with the Lifestyle Coach to learn more!
December 2018 Programming

NOTE: Be Well UC Team will be out of the office Dec. 24-31 due to holidays and Winter Season Days.
View Winter Season Days and Holiday Schedule at www.uc.edu/hr/winterseason_holiday.

Impact Solutions (UC’s EAP) Webinar: Mindfulness in the Workplace
View anytime (and previous month topics as well) on the EAP portal at http://bit.ly/ImpactEAP.

Tuesday, Dec. 4, Wednesday, Dec. 12, & Monday, Dec. 17:
Learn It Live – Portal Pros: Get Paid to Be Well (drop in!)
Tuesday, Dec. 4 Noon-1 p.m. University Hall 442 (Medical Campus)
Wednesday, Dec. 12 8:30-9:30 a.m. (online/phone via WebEx) or Univ.Hall 244 (Medical Campus)
Monday, Dec 17 3-4 p.m. (online/phone via WebEx) or Univ. Hall 445 (Medical Campus)
Ask questions about Be Well UC, cash incentives, the portal, and more!

Wednesday, Dec. 5: Blood Pressure Screenings (drop in!)
11 a.m. - 1 p.m. University Hall 454 (Medical Campus) & 11:30 a.m. to 1 p.m Steger 6th Floor Open Space (West Campus). All are welcome!

Thursday, Dec. 6: Yoga As You Are
12:30 p.m. – 12:50 p.m. – Langsam Library (behind the Triceratops statue). All are welcome!

Thursday, Dec. 6: Wellness Ambassador Holiday Jam
3-4 p.m. University Hall 450 (Medical Campus)
Ambassadors! Join us for a jolly good time! Games, recap 2018, learn what’s coming in 2019, & bring a sweet treat to share!

Tuesday, Dec. 11: Anthem DocTalk Webinar: LiveHealth Online
Video Doctor Visits Make It Easy to Get the Care You Need
Available at noon & 3:00 p.m., Register at: http://bit.ly/2F0XCm4.

Saturday, Dec. 15: UC Winter Commencement
Volunteer at this ceremony at the 5/3 Arena (West Campus) & earn 10 BWUC points! Email the Commencement Office at comminfo@uc.edu if interested!

Be Well UC
**NEW!!**

Tuesday, Dec. 18:

**Connect & Reflect – Blue Zones**

Tuesday, Dec. 18 8:30-9 a.m. University Hall 455 (Medical Campus)
Tuesday, Dec. 18 3:30-4 p.m. Teachers 425 (West Campus)

Be in community with other UC faculty and staff to discuss dimensions of wellness or Blue Zones that can help us live our best and longest lives. Discussion prompts will be provided, lunches are welcome!

Tuesday, Dec. 18: Alyfe Webinar: The Power of Positive Thinking

11:30 a.m.-12:30 p.m, Register at: [http://bit.ly/2EEt7VT](http://bit.ly/2EEt7VT).

LAST DAY TO LOG 2018 BE WELL UC POINTS!!

Monday, Dec. 31


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](mailto:wellness@uc.edu) for help!

YMCA Diabetes Prevention Program Cohort 3 Launching in January 2019!

12 month program to help adults at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles. Employees on the UC Anthem medical plan are eligible and must meet the qualifications. NO COST ($429 value), FREE yearlong YMCA membership ($750 value), & unlimited support (priceless)!

Email [wellness@uc.edu](mailto:wellness@uc.edu) if interested with ideal UC locations & times. Details at [http://bit.ly/UCDiabetes](http://bit.ly/UCDiabetes).