December 2019 Programming

Quick Tips:
• Live sessions will be reported for you. Webinars and blood pressure screenings can be logged as a pop-up event.

Impact Solutions (UC’s EAP) Webinar: Putting out the Fire: Preventing and Managing Burnout

Monday, Dec. 2: Mammograms with UC Health
8 a.m.-12 p.m. TUC Plaza/McMicken Commons (West Campus)
Call to schedule an appointment at (513)584-PINK (7465).

Tuesday, Dec. 3, 10 & 17: Stretch & Refresh
12:30-12:50 p.m. Teachers Dyer 340 (West Campus)
All are welcome!

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.**
Dec. 3 12-1 p.m. Health Sciences Building G55 (Medical Campus)
Dec. 10 12-1 p.m. Teachers Dyer 411 (West Campus)
Dec. 11 8:15-9:15 a.m. Univ. Hall 465 (Medical Campus)
Dec. 16 3-4 p.m. Teachers Dyer 430 (West Campus)
Dec. 18 8:15-9:15 a.m. Univ. Hall 445 (Medical Campus)

Wednesday, Dec. 4: Blood Pressure Screenings (drop in!)
11 a.m. - 1 p.m. Univ. Hall 465 (Medical Campus). All are welcome!

Thursday, Dec. 5, 12 & 19:
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
Tuesday, Dec. 31: Last Day to Log Points in 2019!
Maximize your points with important reminders below before the end of the year.
Stay tuned for highlights and sneak peaks!

- Log all points in Alyfe portal by Dec. 31.

- Save any information you want to keep from your current portal account, such as your incentive/point summary, Health Assessment responses and reports, and screening results, by Dec. 31.

- The upgraded portal will launch Jan. 3 with Alyfe Wellbeing Strategies. The portal will be under construction and unavailable between Jan. 1-2. You will need to create a new account to access the new portal.

- 2019 incentive payouts will be on the Jan. 21 (biweekly) and Jan. 31 (monthly) paychecks.

Friday, Jan. 3: Alyfe Portal Upgrades Launch!
Kick off the new year on a good note with a new portal look and improved functionality! Similar yet improved look AND functions! Stay tuned for 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!

Happy Holidays from the Be Well UC team to you and yours!
See you in 2020!