October 2019 Programming

Quick Tips:
• Visit http://bit.ly/BWUCEvents to learn more about upcoming events and check for updates.
• Live sessions will be reported for you. Webinars and blood pressure screenings can be logged as a pop up event.
• Sign up at http://bit.ly/HR-EDGE unless noted below! Information on sessions with WebEx are available on HR EDGE. Registrations will be in SuccessFactors starting next month in November!

2019 Step 1 Incentive Payouts: 10/29 (biweekly) & 10/31 (monthly)

Impact Solutions (UC’s EAP) Webinar:
5 Strategies to Actually Enjoy the Holidays this Year
View anytime (and previous month topics as well) on the EAP portal at http://bit.ly/ImpactEAP.

Tuesday, Oct. 1, 8, 15, 22, & 29: Stretch & Refresh
12:30-12:50 p.m. Teachers Dyer 340 (West Campus)
All are welcome!

Wednesday, Oct. 2: Blood Pressure Screenings (drop in!)
11 a.m. - 1 p.m. Univ. Hall 465 (Medical Campus). All are welcome!

Thursday, Oct. 3, 10, 17, 24, & 31: Yoga As You Are
12:30-12:50 p.m. Langsam Library (behind the Triceratops statue)

Sunday, Oct. 6: Bearcats Dash & Bash
Races begin at 8:30 a.m. & ends in Nippert Stadium (West Campus). Stop by the Be Well UC table to earn your points! All proceeds and donations benefit the Ohio Innocence Project at UC’s College of Law and the UC Athletics Scholarship fund. Register at runsignup.com/Race/OH/Cincinnati/BearcatsDashnBash.

Tuesday, Oct. 8:
Learn It Live Ease Off the GAS & EAP (Employee Assistance Plan) Orientation
12-12:30 p.m. Faculty Enrichment Center in Langsam Library room 540GF
Join an interactive discussion with Be Well UC & learn about resources with Impact Solutions, UC’s EAP provider.

Monday, Oct. 15: Live Out Loud Challenge Due!
Did you participate in the LOL challenge? Email your tracking sheet to wellness@uc.edu by noon on Oct. 15! Details at http://bit.ly/lol-challenge.
On-Campus Flu Shots & Screening Mammograms

Flu Shots

- Oct. 15 noon-1:30 p.m. Bldg. A Lecture Rm (UC Reading)
- Oct. 17 9:30 a.m.-noon MSB E313 (Medical Campus)
- Oct. 31 noon-2 p.m. Walters 100 (UC Blue Ash)
- Nov. 6 10 a.m.-2 p.m. TUC 4th Floor (West Campus)

Mammograms
Call to schedule an appointment at (513)584-PINK (7465).

- Oct. 17 8 a.m.-1 p.m. Outside in CARE/CRAWLEY Circle (Medical Campus)
- Oct. 31 8 a.m.-1 p.m. Outside in Muntz Circle (UC Blue Ash)
- Nov. 6 10 a.m.-3 p.m. McMicken Commons (West Campus)
- Nov. 19 8 a.m.-1 p.m. Outside of Snyder (UC Clermont)

Wednesday, Oct. 16: Wellness Wednesday Drop In Session
8:30-9:30 a.m. Univ. Hall 445 (Medical Campus) and online via WebEx
Drop by to ask any questions about Be Well UC, the portal, and more. All are welcome!

Tuesday, Oct. 29: Emotional Intelligence with Impact Solutions, UC’s Employee Assistance Plan
12-1 p.m. in the Faculty Enrichment Center/Langsam Room 540GF (West Campus)
2-3 p.m. in the Staff Success Center/University Hall Room 450 (Medical Campus)

Wednesday, Oct. 30: Connect & Reflect: Mix Gratitude with your Attitude
12:15-1 p.m. Lindner Hall 1312 (New bldg. on West Campus) and online via WebEx

Save the Date - Wednesday, Nov. 6th - Benefits & Wellness Fair
11 a.m.-2 p.m. TUC 4th Floor (Main/West Campus).
All employees welcome! Meet with vendors, free screenings (movement, audiology, vision, dermatology), flu shots, & more! Details at [www.uc.edu/hr/benefits/benefitsfair](http://www.uc.edu/hr/benefits/benefitsfair).

** Please note: Registration for Be Well UC events and sessions will be in SuccessFactors starting next month in November! **
November 2019 Programming

Quick Tips:
• Visit http://bit.ly/BWUCEvents to learn more about upcoming events and check for updates.
• Live sessions will be reported for you. Webinars and blood pressure screenings can be logged as a pop up event.
• **NEW** Sign up at http://bit.ly/UCSuccessFactors unless noted below!

** Please note: Registration for Be Well UC events and sessions will be in SuccessFactors starting this month! **

NOTE: Annual Enrollment for your Benefits is Nov. 1-30.
Details & resources available at www.uc.edu/hr/benefits/annual-enrollment.

Impact Solutions (UC’s EAP) Webinar:
Money is Emotional: Prevent Your Heart from Hijacking Your Wallet
View anytime (and previous month topics as well) on the EAP portal at http://bit.ly/ImpactEAP.

Tuesday, Nov. 5, 12, 19, & 26: Stretch & Refresh
12:30-12:50 p.m. Teachers Dyer 340 (West Campus)
All are welcome!

Thursday, Nov. 7, 14, 21, & 28: Yoga As You Are
12:30-12:50 p.m. Langsam Library (behind the Triceratops statue)
All are welcome!

Wednesday, Nov. 6th - Benefits & Wellness Fair
11 a.m.-2 p.m. TUC 4th Floor (Main/West Campus).
All employees welcome! Meet with vendors, free screenings (movement, audiology, vision, dermatology), flu shots, & more! Details at www.uc.edu/hr/benefits/benefitsfair.

Wednesday, Nov. 13: Wellness Wednesday Drop In Session
8:30-9:30 a.m. Univ. Hall 465 (Medical Campus) and online via WebEx
Drop by to ask any questions about Be Well UC, the portal, and more. All are welcome!

Wednesday, Nov. 13: Blood Pressure Screenings (drop in!)
11 a.m. - 1 p.m. Univ. Hall 465 (Medical Campus). All are welcome!
All Month: Great American Smokeout
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](http://www.uc.edu/tobaccofree).

On-Campus Flu Shots & Screening Mammograms

**Flu Shots**
- **Nov. 6** 10 a.m.-2 p.m. TUC 4th Floor (West Campus)
- **Nov. 7** 11:30 a.m.-12:45 p.m. Student Services 101 (UC Clermont)
- **Nov. 12** 12:30-1:30 p.m. VPCA204 (Victory Campus)

**Mammograms**
Call to schedule an appointment at (513)584-PINK (7465).
- **Nov. 6** 10 a.m.-3 p.m. McMicken Commons (West Campus)
- **Nov. 19** 8 a.m.-1 p.m. Outside of Snyder (UC Clermont)

**Tuesday, Nov. 26 Connect & Reflect: Topic Coming Soon!**
12:15-1 p.m. College of Pharmacy/Kowalewski 160 (Medical Campus) and online via WebEx

Nominate an outstanding staff member for the Staff Recognition Awards!
Details coming soon! A recognition event will be hosted by the Staff Senate in December.

Mark Your Calendar - Thursday, Dec. 26: Last Day to Log Points in 2019!
Log into the Alyfe portal by Dec. 26 to see up to $300 on your Jan. paycheck!

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!
December 2019 Programming

Quick Tips:
• Visit http://bit.ly/BWUCEvents to learn more about upcoming events and check for updates.
• Live sessions will be reported for you. Webinars and blood pressure screenings can be logged as a pop-up event.
• **NEW** Sign up at http://bit.ly/UCSuccessFactors unless noted below!

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: Putting out the Fire: Preventing and Managing Burnout
View anytime (and previous month topics as well) on the EAP portal at http://bit.ly/ImpactEAP.

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

Various Dates: Wellness Drop In Sessions
Drop by to ask any questions about Be Well UC, the portal, logging points, and 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!

Thursday, Dec. 26: Last Day to Log Points in 2019!
Log into the Alyfe portal by Dec. 26 to see up to $300 on your Jan. paycheck!

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

Be Well UC  educate • support • empower
Wednesday, Jan. 1: 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!