Workplace Health and Wellness
BeWell Newsletter

Take Your StayWell Health Assessment to earn your $100 incentive!

June 15 is the deadline to complete your StayWell health assessment if you want to be eligible for the StayWell incentive award. An eligible employee who completes a health assessment and a follow-up activity is eligible to receive a $100 gift card and a spouse or domestic partner receives a $50 gift card. If you need assistance, please call the StayWell Customer Service line at 1-800-721-2693.

For more information about the StayWell Program, click here.

Become a UCR Wellness Ambassador

Orientation/Training on Tuesday, June 19 from 12 pm – 1 pm in HUB 269

What is a Wellness Ambassador? Wellness ambassadors play a vital role in supporting the promotion of health and wellness among UCR faculty and staff. As an ambassador, you will act as a liaison between your department and the UCR Faculty and Staff Wellness Program. We currently have over 40 Wellness Ambassadors signed up!

For more information, click here.

Take The StairWell and Hydration Challenge - July 10 – September 6, 2012

Join our 8-week challenge to promote and increase stair usage, physical activity and hydration! Climb to the top of 8 buildings in 8 weeks! Receive weekly tips, workouts, and resources.

For more information, click here.

Staff Employment & Development

Surviving and Thriving in a Changing Environment, June 28, 2012

This workshop is designed to provide participants with an understanding of their reactions to change and how to move from a place of resistance to commitment for the change.

To read a full description and enroll, login to the UC Learning Center.
Work Leader Training, starts July 10, 2012

This four-part course covers foundational communication and leadership skills.

To read a full description and enroll, login to the UC Learning Center.

MEI: UCR Diversity Book Club - Follow-up, July 19, 2012

Please join us as we continue our discussion of our first book - “The Faith Club.”

To read a full description and enroll, login to the UC Learning Center.

Time Management

This workshop will provide practical techniques for controlling time and making it a manageable resource.

To read a full description and enroll, login to the UC Learning Center.

Benefits

Fidelity Investments Workshops - June 19, 2012

UC is sponsoring several financial and retirement education classes conducted by Fidelity Retirement Services to help employees learn about investing for retirement and the steps they can take to help ensure retirement readiness. Please visit the UC Focus on Your Future website for the full list of the June 19 Financial Education Classes for UC Riverside.

Fidelity Investments Free Financial Education Presentations for Departments

Fidelity Investments Senior Retirement Counselor, Jeff Crowley, is available to tailor a financial education program to meet the needs of individual departments. He is available to conduct the financial education sessions at a time and location that is convenient for the department at no cost.

For more information, click here.