Welcome!

As a Well-U Champion, you are now a member of a team of employees who serve as liaisons between Well-U and their departments. Champions help us promote employee wellness programs by keeping coworkers up-to-date in the field of employee health. Simply put, you are the “Well-U Voice” of your department.

Champions are among the first in the University of Rochester community to hear about new initiatives and program ideas. We value your voice and opinions and welcome new ideas, questions, comments or concerns.

Please take a moment to familiarize yourself with the Well-U homepage: www.rochester.edu/well-u and “like” our Facebook page: http://www.facebook.com/urwellu. Website resources include a monthly calendar of events, program information and links for enrollment, news updates, health spotlights, and more. Bookmark these pages and visit regularly for updates.

Well-U is pleased to welcome you to our team of Champions. We hope that your experience is energizing and educational!

Sincerely,

Well-U
Responsibilities:

As a Well-U Champion, your role is to help create and promote a culture of health and wellness within your work area. You act as a primary liaison between your department and Well-U to provide feedback, thoughts, and ideas to make our programs ‘Ever Better’!

Roles and responsibilities include:

- Attend quarterly Champion events
- Meet once per calendar year with Well-U staff for goal-setting and planning
- Reward employees for their healthy habits by distributing Well-U promotional items
- Forward Weekly Wellness newsletters to coworkers
- Announce programs in meetings and via email
- Informally encourage coworkers to get involved in events
- Distribute materials on upcoming wellness programs and events
- Act as a team leader for departmental wellness challenges
- Bring feedback and requests from coworkers to Well-U staff
- Contribute to a quarterly Champion newsletter

Promotion and education ideas:

- Create a health and wellness space or bulletin board for your department (Title it: What’s New in Well-U?)
- Lead walking meetings and stretch breaks
- Encourage coworkers to go on a lunchtime walk
- Attend health topic events and webinars

2015 Packet

Information Included:

- Ideas for Champions
- Personal Health Management
- Eligibility Table
- Wellness Program Overview
- Calendar of Events
- Fitness Class Schedule
- Walking Meeting Information
- Stretching and Stress Relief
- Healthy Recipes
- Monthly Health Spotlights
- New for 2015

Contact Information

Website: rochester.edu/well-u
Facebook: facebook.com/urwellu
E-mail: well-u-info@rochester.edu
Phone: 273-5240

Rachel Carmen: rcarmen@hr.rochester.edu • 275-1756
Kendra Chamberlain: kendra.chamberlain@rochester.edu • 273-3786
Brittany Fuino: brittany.fuino@rochester.edu • 276-4197
Ideas for Champions

Bringing wellness to your department is easy. Well-U offers programs backed by the latest research and best practice methods. Join our existing activities or start something new in your work area using our resources below. For assistance, please contact Kendra or Brittany at Well-U.

Nutrition & Weight Management

- Participation in Well-U events/programs, including:
  - Lunch ‘N’ Learn Presentations - Healthy Eating
  - Live Cooking Demos
  - Good Food Collective (CSA)
  - Be in Balance Loyalty Card Program @ Cafe601
  - UR Farmers Market
- Organize a healthy recipe exchange or create a department recipe book
- Offer free samples of seasonal prepared food or fresh-cut fruit
- Offer free fresh fruit such as bananas, apples, pears, oranges, plums or vegetables such as carrots, broccoli, or celery
- Purchase a Good Food Collective share for your department and allow employees to try the food
- Post signage with nutrition tips
- Learn more: [http://rochester.edu/working/hr/wellness/nutrition/](http://rochester.edu/working/hr/wellness/nutrition/)

Physical Activity

- Participation in Well-U events/programs, including:
  - Active Transportation Expos
  - American Heart Walk
  - Chase Corporate Challenge
  - Eat well. Live well.
  - Walk with a Doc
  - Well-U Fitness Classes (FREE!)
  - Well-U Fit Kit
  - Well-Flix
- Sign up your department for a dodge ball, bowling, softball or other league
- Organize walking meetings within your department
- Organize weekly stretch breaks within your department
- Utilize the Well-U Walking Paths and Trails Around the University of Rochester guide
- Learn more: [http://rochester.edu/working/hr/wellness/phys_activity/](http://rochester.edu/working/hr/wellness/phys_activity/)

Stress Management

- Participation in Well-U events/programs, including:
  - Massage Days
  - Guided Relaxation Sessions
  - Well-U Fitness Classes (FREE!)
- Post signage with stress relief tips
- Contact the University Employee Assistance Program at (585) 475-0432
- Learn more: [http://rochester.edu/working/hr/wellness/stress/](http://rochester.edu/working/hr/wellness/stress/)

Tobacco Cessation

- Post charts that break down the daily, weekly, monthly, and yearly costs of smoking
- Encourage participation in tobacco cessation programs offered by Well-U through the Healthy Living Center (585-530-2050)
- Promote the Medical Center’s Smoke-Free policy
- Learn more: [http://rochester.edu/working/hr/wellness/smoking/](http://rochester.edu/working/hr/wellness/smoking/)

For more information, contact Well-U directly or visit the Resources section on the Well-U website (www.rochester.edu/working/hr/wellness/resources)
STEPS TO A HEALTHIER YOU

**Step 1: Get Your Biometric Screening**

Biometric Screenings are offered annually at no cost to regular full-time and part-time faculty and staff, and spouses/domestic partners enrolled in a University Health Care Plan. Biometric screenings measure blood pressure, BMI, glucose, heart rate, total cholesterol, HDL and triglycerides, waist circumference, and weight. Participants receive immediate results, educational materials and brief health counseling as appropriate.* Sign up for your biometric screening at [schedule.son.rochester.edu](http://schedule.son.rochester.edu).

Learn more: [http://www.rochester.edu/working/hr/wellness/screening/](http://www.rochester.edu/working/hr/wellness/screening/)

**Step 2: Complete your Personal Health Assessment**

This confidential, online questionnaire assesses your current health status and can identify potential health risks. Upon completion of the PHA, you will receive a report with personalized suggestions to improve your health and guidance to available University resources.* Complete your Personal Health Assessment at [yourhealth.son.rochester.edu](http://yourhealth.son.rochester.edu).

Learn more: [http://www.rochester.edu/working/hr/wellness/PHA/](http://www.rochester.edu/working/hr/wellness/PHA/)

**Step 3: Lifestyle and Condition Management Programs**

**Lifestyle Management**

In-person and telephonic health coaching (individual and group options available) is available for all full-time and part-time faculty and staff and spouses/domestic partners enrolled in a University Health Care Plan. Available programs include: weight loss, weight maintenance, nutrition, stress management, smoking cessation, blood pressure, diabetes, physical activity, basics for building a healthy lifestyle, and cholesterol management.*

*Contact the Healthy Living Center at 585-530-2050*

**Condition Management**

Chronic conditions present significant challenges to patients, families, providers and the health care system. Our Condition Management programs give patients the skills they need to effectively manage their condition and reduce the burden for self, family, providers and system. The core concept of our program is empowerment of the patient to self manage, that is, the ability of the individual to manage symptoms, treatments, physical and social consequences of the condition, and lifestyle changes necessary to live with a chronic condition. Available programs include: asthma, atrial fibrillation, COPD, congestive heart failure, coronary artery disease, diabetes, high cholesterol (dyslipidemia), hypertension, low back pain, and stroke. Eligibility is based on Personal Health Assessment results.*

*Contact the SON Center for Employee Wellness at 1-585-275-6300*

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*Those who are enrolled in a University Health Care Plan can receive a monetary incentive up to $325 per year ($650 if spouse is also enrolled) for program participation. Visit our eligibility chart at [http://rochester.edu/working/hr/wellness/YOURhealth_Eligibility.pdf](http://rochester.edu/working/hr/wellness/YOURhealth_Eligibility.pdf)*

To sign up and get started, visit our webpage at [www.rochester.edu/well-u](http://www.rochester.edu/well-u)
Wellness Program Overview

**PHYSICAL ACTIVITY**

**Fitness Classes:**
Well-U offers a variety of fitness classes available to employees at NO COST. Classes include CrossFit, Pilates, Yoga, and Zumba. See fitness class schedule for enrollment information.

**Walk With A Doc**
Join Geoffrey Williams, professor of medicine, for a walk as he discusses various health topics. Friends and family are welcome to attend. Program occurs once per month.

**NUTRITION & WEIGHT MANAGEMENT**

**Weight Watchers**
Regular full-time and part-time faculty and staff interested in weight management have access to discounted rates for Weight Watchers at Work meetings and online subscriptions. Individuals who complete 16 consecutive weeks of either program (in-person or online) will receive a reimbursement of 50 percent of the program cost (subject to taxes).

**Be In Balance**
Purchase qualifying *Be In Balance* items at Café 601 and be entered to win raffle prizes! Well-U partners with the Department of Food & Nutrition to bring you this rewards program.

**Good Food Collective**
The Good Food Collective is a multi-farm CSA (Community Supported Agriculture) that brings together some of the best locally grown organic produce to the University campus. Food is delivered on a weekly basis at the University of Rochester Medical Center outside in the parking area behind Flaum Atrium from 3–5 pm, June through November. [http://thegoodfoodcollective.com](http://thegoodfoodcollective.com)

**UR Farmers Market**
The UR Farmers Market connects the UR community to sustainable foods from local farmers. Each week, more than 20 vendors offer seasonal produce, baked goods, artisan crafts, spices, meats and more. Attendees can meet the vendors, sample goods, and receive nutrition education and cooking tips. *Wednesdays from 3-6 p.m.*, Flaum Atrium, URMC.

**STRESS MANAGEMENT**

**Massage Days**
Well-U provides free chair massages to University employees throughout the year. Departmental massage days are scheduled on a first-come, first-serve basis. If you are interested in bringing a massage day to your office, please email Well-U at [well-u-info@rochester.edu](mailto:well-u-info@rochester.edu).

**Guided Relaxations**
Press pause in the middle of a busy workday to better manage your day. Well-U joins with the Employee Assistance Program to offer guided relaxation sessions for 30 minutes during the lunch hour. Come ready to take deep breaths and relieve tension!

**Behavioral Health Partners**
Behavioral Health Partners (BHP) is a general adult psychiatry outpatient practice offered through URMC’s Department of Psychiatry. Resources include mental health services, including individual therapies and medication consultation, and management for anxiety, stress and depression.

**Employee Assistance Program (EAP)**
The EAP mission is to enhance employee job performance and satisfaction through professional, confidential, worksite-based guidance at no cost to employees and their families when personal or work-related problems become difficult to manage. EAP offers individualized assessments, community referrals and consultation to supervisors and managers to assist in addressing employee and team challenges.

**LUNCH ‘N’ LEARNS**

**Live Cooking Demos**
Gather healthy recipes, learn about nutrition and cooking, and enjoy a free meal. Watch as we cook right in front of you!

**Health Presentations**
We offer presentations on a variety of health topics, ranging from nutrition and weight management, to workplace ergonomics and prevention and safety. Topics often relate to our current monthly health spotlight.

**PREVENTION AND PERSONAL HEALTH**

**Self Defense Classes**
Learn strategies to confront and defend against an attacker, how to avoid becoming a victim, and more. Self defense classes are offered throughout the year at several University sites at no cost to employees.

**PAWSitive Attitude**
Feeling overwhelmed? Therapy dogs offer a great way to slow down and take a moment to reflect on yourself. These furry friends can help you relieve stress and improve your attitude.
Registration Opens December 23rd

Well-U Fitness Classes
Jan 5 – Feb 27

Yoga, Zumba, CrossFit, and other classes ranging from low- to high-intensity are offered at several University sites. All classes are free for University employees. Registration opens 9 a.m. Tuesday, Dec. 23.

**MONDAY**

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
<th>Location</th>
<th>How to register</th>
</tr>
</thead>
<tbody>
<tr>
<td>CROSSFIT</td>
<td>12:00-1:00pm</td>
<td>Helen Wood Hall – Evarts Lounge</td>
<td>Paradigm Performance Page</td>
</tr>
<tr>
<td>ZUMBA</td>
<td>5:00-6:00pm</td>
<td>River Campus - O’Brien Hall (Dance Studio)</td>
<td>Inward Office Page</td>
</tr>
</tbody>
</table>

**TUESDAY**

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
<th>Location</th>
<th>How to register</th>
</tr>
</thead>
<tbody>
<tr>
<td>PILATES</td>
<td>7:30-8:30am</td>
<td>Healthy Living Center (46 Prince Street)</td>
<td>Well-U Enrollment Page</td>
</tr>
<tr>
<td>YOGA</td>
<td>12:00-1:00pm</td>
<td>River Campus - Interfaith Chapel, River Level</td>
<td>Inward Office Page</td>
</tr>
<tr>
<td>YOGA</td>
<td>12:00-1:00pm</td>
<td>Helen Wood Hall – check schedule for room</td>
<td>Inward Office Page</td>
</tr>
<tr>
<td>YOGA</td>
<td>12:00-12:30pm</td>
<td>College Town (44 Celebration Dr., Conf. Rm. 2007b)</td>
<td>Inward Office Page</td>
</tr>
<tr>
<td>YOGA</td>
<td>12:30-1:00pm</td>
<td>College Town (44 Celebration Dr., Conf. Rm. 2007b)</td>
<td>Inward Office Page</td>
</tr>
<tr>
<td>CROSSFIT</td>
<td>3:30-4:30pm</td>
<td>URMC Fitness Center (G-5680)</td>
<td>Paradigm Performance Page</td>
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**WEDNESDAY**

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<th>Location</th>
<th>How to register</th>
</tr>
</thead>
<tbody>
<tr>
<td>YOGA</td>
<td>12:00-1:00pm</td>
<td>MAG – Bausch &amp; Lomb Parlor (500 University Ave)</td>
<td>Inward Office Page</td>
</tr>
<tr>
<td>YOGA</td>
<td>12:00-1:00pm</td>
<td>River Campus - Interfaith Chapel, River Level</td>
<td>Inward Office Page</td>
</tr>
<tr>
<td>ZUMBA</td>
<td>5:30-6:30pm</td>
<td>URMC Fitness Center (G-5680)</td>
<td>Well-U Enrollment Page</td>
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**THURSDAY**

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<th>Time</th>
<th>Location</th>
<th>How to register</th>
</tr>
</thead>
<tbody>
<tr>
<td>YOGA</td>
<td>12:00-12:40pm</td>
<td>Eastman School of Music - Messinger One (26 Gibbs St.)</td>
<td>Inward Office Page</td>
</tr>
<tr>
<td>YOGA</td>
<td>12:00-1:00pm</td>
<td>Helen Wood Hall – Fiaretti Room (1W501)</td>
<td>Inward Office Page</td>
</tr>
<tr>
<td>CROSSFIT</td>
<td>3:30-4:30pm</td>
<td>URMC Fitness Center (G-5680)</td>
<td>Paradigm Performance Page</td>
</tr>
</tbody>
</table>

**FRIDAY**

<table>
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<th>Time</th>
<th>Location</th>
<th>How to register</th>
</tr>
</thead>
<tbody>
<tr>
<td>YOGA</td>
<td>11:00-12:00pm</td>
<td>Mt. Hope Family Center - Room 140 (187 Edinburgh St.)</td>
<td>Inward Office Page</td>
</tr>
<tr>
<td>YOGA</td>
<td>11:30-12:25pm</td>
<td>URMC Fitness Center (G-5680)</td>
<td>Well-U Enrollment Page</td>
</tr>
<tr>
<td>PILATES</td>
<td>12:30 – 1:25pm</td>
<td>URMC Fitness Center (G-5680)</td>
<td>Well-U Enrollment Page</td>
</tr>
</tbody>
</table>

*Please note: Rooms are subject to change.*

Paradigm Performance: [http://goo.gl/rQ0rD8](http://goo.gl/rQ0rD8)
Inward Office: [www.inwardoffice.com/uofr.html](http://www.inwardoffice.com/uofr.html)
Well-U Enrollment Page: [www.rochester.edu/well-u/enroll](http://www.rochester.edu/well-u/enroll)
According to the American College of Sports Medicine, the average person, regardless of fitness level, should exercise 30 minutes per day, at least five days a week in order to reduce the risk of disease and help lead a longer, healthier life. This equates to about 10,000 steps per day! How is that possible for people who work at desk jobs all day?

**Host a walking meeting!**

**Benefits of walking meetings:**

- Physical activity gives you energy and makes you more alert
- A change in environment can inspire your creativity
- Walking and talking side-by-side sets you and your co-workers at ease
- Walking burns calories and stimulates oxygen flow around your body. This increase in oxygen flow increases your brain functioning and your ability to solve problems faster!
- A walking meeting can break up your workday, help you stay fit, and make for a more joyful working community.

**Here are some TIPS to organizing a successful walking meeting:**

- Organize everything you’ll need for the meeting beforehand and include an agenda
- With everyone’s permission consider taping the meeting with a recorder
- Make sure everyone knows ahead of time to wear comfortable shoes
- Consider having the walking meeting early in the workday to set the tone for the day and/or late in the afternoon when colleagues need an energy boost
- Figure out how long the walking meeting should be and plan your route
- Check the weather beforehand. If possible, provide a few umbrellas so the weather doesn't become a barrier to conducting the meeting outside
- Avoid noisy roads and hallways that are distracting and dangerous

Want to know how many calories you burn sitting vs. standing? Check out this online calculator from JustStand.org: [http://bit.ly/hVA2It](http://bit.ly/hVA2It)
2015 Monthly Wellness Spotlight

January  New Year, New You

February  American Heart Month

March  National Nutrition Month

April  Stress Awareness

May  Active Transportation/Blood Pressure Awareness

June  Family Health

July  Physical Activity

August  Immunization Awareness

September  Self Care

October  Breast Cancer Awareness

November  Tobacco Cessation

December  - #HealthyHabits

If your department has a connection to any of the above topics and is interested in helping us sponsor an event or presentation, please e-mail well-u-info@rochester.edu. We would love to work with you!
NEW FOR 2015

CHAMPIONS:

Quarterly Newsletters
Well-U will provide Champions with quarterly Champion newsletters. Enrolling as a Champion automatically ensures you will receive the newsletters. Newsletters will include champion-specific information about upcoming events and challenges, champion spotlights, wellness articles, Well-U website highlights, and ideas for encouraging wellness within your department. Champion newsletters are scheduled for March, June, September, and December.

Quarterly Champion Events
Throughout 2015 there will be quarterly in-person Champion events, starting with the kickoff breakfast in January. Other events will be held in April, July, and October and will include a wellness speaker, round table discussion, and a champion social. Events will be communicated through champion newsletters.

Annual In-Person Meeting with Well-U Staff
Once per calendar year, a Well-U staff member will meet with the champions at your UR location to help brainstorm ways to make wellness successful in your specific area or department, gather feedback, and get to know the culture you are working within. Well-U will contact you to set up a time that works best.

Well-U Promotional Items
Organizing a wellness challenge within your department? Need t-shirts or other giveaways to incentivize healthy behaviors? Contact Well-U for Well-U branded promotional items to use within your department. Let us know what you have planned and we’ll send some items your way.

WELL-U:

Eligibility
Eligibility has changed for 2015.

□ To receive a Biometric Screening, complete the online Personal Health Assessment, and participate in a Lifestyle and/or Condition Management program full and part-time employees and their spouses or domestic partners must be enrolled in a University Health Care Plan.

□ Behavioral Health Partners requires no out-of-pocket cost for University employees and dependents 18+ enrolled in the YOUR PPO Copay Health Care Plan. YOUR HSA Eligible Plan members must first satisfy their deductible before paying no out-of-pocket cost for services.

Lifestyle Management Programs
The Healthy Living Center is offering two new Lifestyle Management programs this year:

□ Basics for Building a Healthy Lifestyle - Looking to improve your health but not sure where to start? Get an introduction to information and tools that have been found useful to improve nutrition, increase physical activity, and overcome barriers to making lifestyle change. Topics will include ways to eat healthier, increase activity, and manage stress. Four weekly one-hour group sessions will be facilitated by a registered dietician, social worker, or exercise physiologist. Participants will receive a free pedometer.

□ Physically Active You - Get expert tools, tips and strategies to develop your personal physical activity routine. Topics will include ways to measure and improve your cardiovascular fitness, muscle strength and flexibility, setting realistic goals, preventing injuries, and staying motivated. Group and individual sessions will be facilitated by an exercise specialist. Participants will receive a free pedometer.

To enroll, visit: [http://www.rochester.edu/working/hr/wellness/enroll/](http://www.rochester.edu/working/hr/wellness/enroll/)

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Biometric Screening Form
As an alternative to receiving a Biometric Screening at the University, employees can get their numbers from their doctor by asking them to fill out a downloadable form, which includes all the numbers needed to complete the Personal Health Assessment. The form is located online at: https://urwell.rochester.edu/home/biometrics.aspx

YMCA Partnership
As of December 1, 2014, the University of Rochester is partnering with the YMCA of Greater Rochester and Canandaigua Family YMCA across 11 locations to offer discounts to all full and part-time University of Rochester employees. New members pay no joining fee (up to $75 savings), and are given exclusive monthly membership rates (up to $120 annual savings). Already a member of the YMCA? Bring your University ID to your local YMCA to start receiving the discounted rate now! The YMCA is also offering UR employees corporate member rates on adult programs and classes, and youth programs, including youth sports, child care, and camps.
Well-U Promotional Item Request Form

As a Champion, you are able to request Well-U promotional items for use within your department. Items may be used to incentivize and encourage healthy behaviors and as wellness challenge prizes. Call 273-5240 for item availability.

*Note: Items are subject to change and will be distributed at the discretion of Well-U.*

Date: _____________________

Name: _____________________________________________________

Address: ____________________________________________________

Email: ______________________________________________________

Phone: _________________

Please describe what type of items you are looking for:
________________________________________________________________
________________________________________________________________
________________________________________________________________

Quantity: ______________

Please describe what you will use these items for:
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________

Return form to:
Well-u-info@rochester.edu
44 Celebration Drive, Suite 2300
PO Box 270453
Rochester, NY 14627-0453