UC FOUR PILLARS OF WELLNESS

Emotional    Physical    Financial    Nutrition
MODEL HONG, HR, Work Life
(858) 534-7831
m8hong@ucsd.edu

- Lead systemwide events for campus faculty and staff
  - UC Walks – May
  - Maintain Don’t Gain – November/December
  - Diabetes Prevention Program – pilot program kicking off January 2019

- Accessibility
  - Wellness Ambassadors
  - New Employee Orientation
  - Partnering with various departments to relay information
ERIN KUKURA, Recreation, Registered Dietitian
(858) 822-5982
ekukura@ucsd.edu

- Individual counseling sessions
- Presentations & cooking demos to groups
  - Fuel Your Day
  - Managing Stress with Nutrition
  - Nutrition Mythbuster

https://recreation.ucsd.edu/wellness-services/nutrition/

Instagram: @ucsdfitlife

E-mail: ekukura@ucsd.edu

Recreation Blog
WILLIAM YOUNGBLOOD, HR, FSAP Counselor
(858) 534-6751
wdibbleyounbgblood@ucsd.edu

- Confidential & Voluntary
- No co-pays or fees for employees
- Immediate household members for a low fee of $15/visit
- Available to all campus staff & faculty, Post Docs and Int’l Scholars, Retirees and Emeriti
- A unit of Human Resources and works with other HR units to resolve problems
- Mindwell U Pilot
  Contact- healthycampus@ucsd.edu
- Triton Flourish
TIFFANY CADDELL, Recreation, FitLife Occupational
(858) 822-0656
tcaddell@ucsd.edu

- FitLife Mobile:
  - Mobile Fitness Classes, Nutrition Workshops, and Chair Massage
- FitLife Occupational:
  - Injury Prevention program for staff on campus with repetitive movement occupations
- Get Up Tritons!:
  - Exercise video subscription service, educating viewers how to reverse the negative effects of sitting
- VC 50:
  - All VC areas receive 50% off Rec card
I. To reduce potential of injuries and create a safer and healthier work environment for you
   - Web-based tutorials
   - Telephonic and in-person consultations, assessments & training

II. To create awareness regarding both the body and the mind:
   - Ergo Awareness: Breathing, Stretching, Pacing & Breaks
   - On-campus Resources:
     - Pain Away
     - Pain Relief

III. To provide financial assistance for ergonomic product procurement:
   Partial funding via The Ergo Resources Fund

   • Pillars designed for a stronger, healthier and happier …..You!
Enroll in the voluntary 403b plan UCRSPenroll.com
Visit resources available to you www.myUCretirement.com
Attend a class or webinar www.myUCretirement.com/classes
Meet with a Retirement Planner
  - 1-800-558-9182
  - Text UCPLANNER to 343898
JONNA HAUPU, Recreation, WorkStrong
(858) 822-7818
jhaupu@ucsd.edu

- System-wide health and well-being program offered to qualified employees who have been injured at work
- 12 weeks of personalized training sessions with a health coach
- Nutritional counseling with our Registered Dietitian
- Deep tissue massage therapy
- Stress management education and tools
- 6 months of access to our campus Recreation centers
- Flexible hours: before work, during lunch or after work
TERRI DOWIE, Recreation, Asst. FitLife Director
(858) 822-2232
tdowie@ucsd.edu

- Workplace Wellness in a private wellness studio
- 5 week, small group size 10 people max
- Pre and Post Fitness Testing and Goal Setting
- 1 hour discussion/workout on the following topics: Strength training; cardio conditioning; nutrition with RD; flexibility/stress reduction; core strengthening
- Gain tools and knowledge to exercise properly with reduced injury risk
- Stress reduction, increased energy and proven health benefits, including lowered hypertension and diabetes risk, and effective weight management
- Register via UC Learning
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