



POWER UP

An Employee Wellness Initiative

The POWER UP Employee Wellness program aims to provide faculty and staff with information, programs and services that support employee health and wellbeing, and contribute to an overall campus culture of wellness.

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OBJECTIVES:

- Increase health awareness
- Promote healthy behavior change
- Encourage a holistic approach to wellness
- Support health literacy and engagement



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WELLNESS OUTCOMES:

- Improved health
- Increased productivity
- Improved satisfaction, morale & engagement
- Reduced absenteeism
- Enhanced culture of wellness on campus
- Reduced costs



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NEW IN 2020:

- Best Bite Employee Calendars
- Biometric Screenings
- 3-days of Mobile Mammography Screenings
- Revised Fitness Release Time Policy
 - Employee Wellness Champions –
“Wellbeing Activators”



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Employee Wellness

Well-Being
ACTIVATORS »

■ **What is a Wellbeing Activator?**

Wellbeing Activators encourage healthy lifestyles while at work - where we spend most of our time – by connecting colleagues to POWER UP programs and services. As a member in a network of activators, they promote health and wellbeing and contribute to a culture of wellness at UH.

■ **Who can be a Wellbeing Activator?**

Enthusiastic and committed individuals from all fitness levels, education levels, and positions.

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Attributes:

- Personable, positive, engaging
- Passion for health and wellbeing
- Eager to learn and expand knowledge
- Desire to make a positive difference and help build a culture of wellness at the University of Houston

The Role of an Activator:

Communicate

- Spread the word about programs and resources
- Share ideas & feedback

Engage

- Encourage participation in wellness events and programs
- Support healthy lifestyle choices through leadership, enthusiasm and guidance

Collaborate

- Actively participate and advocate for employee health and wellbeing

Commit

- Take time to focus on their own personal health and wellbeing
- Have FUN!

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Participation:

- Obtain supervisor's approval/support to participate
- Attend orientation training
- Participate in 1 hour monthly meetings on the main campus (or call in)
- Contribute 2-3 hours a month
- Agree to 2 year term of service

A hand in a dark blue suit sleeve points towards a red rectangular button with the text "WE NEED YOU!" in white, pixelated font. The background is a light blue gradient.

WE NEED YOU!

Please assist us!

- Identify 1 – 2 people who would be ideal Wellbeing Activators within your areas
- Submit names to POWERUP@uh.edu
- We will then reach out to explain the program information and to invite them to apply online!

QUESTIONS?

THANK YOU!