



HR POWER UP NEWSLETTER

PLEASE TAKE A FEW MINUTES TO SKIM THROUGH THE HR POWER UP **EMPLOYEE WELLNESS** NEWSLETTER FOR IMPORTANT RESOURCES TO HELP SUPPORT YOUR PERSONAL HEALTH AND WELL-BEING.

HUMAN RESOURCES
POWER UP Employee Wellness

April 2022

COMING SOON: THE NEW HR POWER UP EMPLOYEE WELLNESS PORTAL!



In the near future, HR POWER UP Employee Wellness will introduce its new wellness portal! The purpose of this platform is simple, to encourage you to become more actively engaged in your health and well-being, and to support you throughout your wellness journey. Use the platform to track your exercise and nutrition, join challenges, complete courses, take an HRA, apply for FRT & Wellness Leave and more! Plus, you can link compatible activity trackers, wireless scales and blood pressure monitors to the platform to better manage your health and physical fitness. As you complete different activities, you'll earn wellness points. Depending on the number of points you accrue quarterly, you'll be entered into a random raffle for a cool prize! When you receive the platform announcement email, be sure to create your account right away and complete the Onboarding Checklist. When you do, you'll be entered into a fun raffle!

JOIN THE STEP INTO SPRING CHALLENGE

Rally your colleagues and join the Step into Spring Challenge! As the days get longer and brighter, make time to enjoy the warmer weather by walking at least 30 minutes a day. Once the platform is introduced, you'll be able to organize friendly competitions for you and co-workers. Begin with the Step into Spring Challenge! Sync your trackers and then accept the challenge invitation. You'll have fun and earn wellness points at the same time!



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CHECK OUT THESE APRIL HEALTHIER "U" CALENDAR OFFERINGS:

FITNESS CONNECT COMMUNITY: FITNESS FOR STRESS

Join us to talk about different wellness topics and share successes and challenges. These monthly sessions occur monthly and are facilitated by BCBSTX wellness consultants.

April 12, from 10:00 AM - 10:15 AM

To register for this session, click [HERE](#).

VACCINATIONS AVAILABLE ON CAMPUS

The Campus Pharmacy is now offering Seasonal Influenza and Pfizer COVID-19 vaccines by appointment for current students, faculty and staff. Most insurance plans for prescription coverage are accepted. For additional information and to schedule an appointment, visit the Student Health Center [Campus Pharmacy](#) online.



PARTICIPATE IN A CLINICAL TRIAL

The UH RESTORE Lab is currently recruiting participants for two clinical trials. Both studies are open to faculty and staff with one focusing on **COVID-related stress** and the other on helping people to **quit smoking**.

Both studies are app-based with no in-person visits required, and compensation is provided. For more information, scan the QR code or call 346-495-3962. Access the initial screener surveys here: [Mobile health and COVID-19 Study](#) [Smoking, Stress, and Mobile Technology](#)



CATALYST LEARNING PROGRAM

Discover CATALYST! The [CATALYST Learning Program](#) offers professional development courses for all UH Staff, from Individual Contributors to Supervisors, Managers, and Senior Leaders. Courses covering an array of topics, including organization and time management, communication, coaching, and leadership are available. To see the full course catalogue, [visit our website](#), and sign up in the [CATALYST App](#). Questions? Contact us at ulearn@uh.edu.



COUGAR RHETORIC

Join your fellow Coogs to develop your communication and leadership skills, resulting in greater self-confidence, and both personal and professional growth. **Cougar Rhetoric, the Toastmasters International Club for UH staff,** meets every **Tuesday from 12 pm - 1 pm.** Join Cougar Rhetoric's Club Meeting, **Zoom Meeting ID: 979 4151 7837. Passcode: 496452.** For more information and to communicate your interest in Cougar Rhetoric or Toastmasters, please contact Elyse Davis at edavis@central.uh.edu or 713-743-8180.



Planning or know of an upcoming health-related event or wellness activity open to faculty and staff? Send it to POWERUP@uh.edu. Space permitting, we'll include it in the HR POWER UP Newsletter!

Court Stein, HR Wellness Administrator

JOURNEY TO WELLNESS: HEALTHSELECT BENEFITS

As a HealthSelect participant, you have access to a variety of health and wellness resources, including webinars presented by the Blue Cross and Blue Shield of Texas Wellness team. In this session we will cover the Blue Points incentive program, fitness and [weight management programs](#), and more.

April 20, from 10:00 AM, - 10:30 AM

To register for this session, click [HERE](#).

ASK HUMAN RESOURCES

PROFFESIONALS: [HR Q&A SESSION](#)

Attend this Ask Human Resources Professionals Q&A session to get your questions answered. HR representatives will present and speak to a variety of topics related to employee benefits.

April 26, from 12:00 PM – 1:00 PM

To attend this session, click [HERE](#).

See the [Healthier "U" Calendar](#) for additional HR seminars and their dates and times:

HR PRESENTS: [BENEFITS WISE](#)

HR PRESENTS: [RETIREMENT 101](#)

SANJAY GUPTA, MD:

[MYTHS OF BRAIN PERFORMANCE](#)

The Center for Brain Health invites you to participate in their Spring Speaker Series! Each month they will feature world-renowned researchers and speakers on topics related to brain health.

April 26, from 7:00 PM – 8:10 PM

To register for this session, click [HERE](#).

