

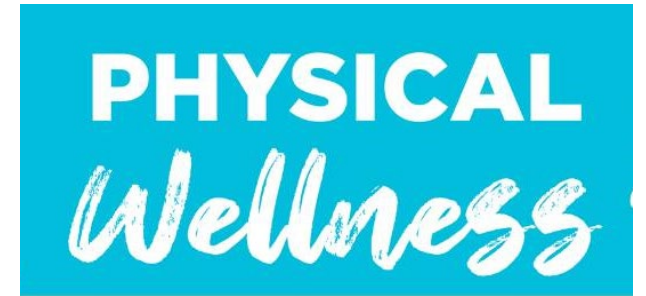
POWER UP

An Employee Wellness Initiative

Human Resources

Physical Health Resources:

- [BCBSTX HealthSelect Resources](#)
 - Fitness Program
 - Tobacco Cessation
 - Wellness Coaching
 - Weight Management
 - Real Appeal
 - Wondr
- [Farmers Market](#)
- [Healthy Vending Options](#)



Human Resources

Physical Health Resources:

- [On-Campus Mammograms](#)
- [On Campus Flu/COVID/Shingles Shots](#)
- [On-Campus Biometric Screenings \(NEW\)](#)
- [Campus Pharmacy](#)
- [Campus Smiles](#)
- [University Eye Institute](#)
- [UH Health Family Care Center](#)
- [State-of-the Art Blood Pressure Kiosk](#)



Human Resources

Physical Health Resources:

- [Campus Recreation & Wellness Center](#)
- [Outdoor Track and Functional Fitness Course](#)
- [Cougar Walking Paths](#)
- [The Houston Hess Corporate 5k](#)
- [#WALK30 Initiative](#)
- [**Fitness Release Time and Wellness Leave**](#)



Human Resources

Fitness Release Time (FRT):

[Fitness Release Time and Wellness Leave Policy - MAPP 02.02.08](#)

The **FRT** portion of the policy allows eligible employees up to **thirty (30) minutes, three times per week**, to participate in physical fitness activities offered on the University of Houston campus.

To apply you must complete the **FRT Application** and **PAR-Q Form**.

Employees must be benefits-eligible, have been with the University for 3 months, and have their supervisor's approval to participate.

Human Resources

Wellness Leave:

[Fitness Release Time and Wellness Leave Policy - MAPP 02.02.08](#)

The **Wellness Leave** portion of the policy allows eligible employees to receive 8 hours wellness leave once calendar year. Leave may be used in one full day or two half days for whatever purpose best meets the needs of the employee.

To qualify, the employee must receive an **annual physical** (complete the affidavit) and complete an online **Health Assessment**. Employees must be benefits-eligible, have been with the University for 3 months, and obtain their supervisor's approval for when the day is to be taken.

Human Resources

Emotional/Mental Health Resources:

- [CAPS: Let's Talk Program](#)
- [Office of Ombuds Services](#)
- [UH Wellness: Mindful Meditation](#)
- [UH Health Family Care Center Behavioral Health](#)
- [Employee Assistance Program \(EAP\)](#)
- [BCBSTX HealthSelect Mental Health Resources](#)



Human Resources

Employee Assistance Program (EAP)

3 Counseling Sessions per Employee per Issue per Year

- ❖ System-wide
- ❖ Employees and their dependents
- ❖ Counseling and 24/7 crisis consultations
- ❖ Totally confidential
- ❖ Help from a wide network of licensed mental health clinicians
- ❖ ***No cost to you***



Human Resources

EAP Counseling Services

Counseling for All Types of Concerns:

- Stress & Anxiety
- Depression
- Alcohol/Drug Problems
- Parenting & Family Concerns
- Couples, Relationship Issues
- Unexplained Irritability
- Grief or Bereavement
- Anger Management
- Change & Life Transitions
- Work Conflicts
- Communication Skills
- Loneliness & Isolation

Human Resources

Employee Assistance Program (Deer Oaks)

Additional resources are available including legal and financial resources, webinars, concierge services, referrals, newsletters and much more.

Additional Information:

- www.deeroakseap.com
- <http://www.uh.edu/human-resources/benefits/eap/>

Contact:

- Call toll-free **1-888-993-7650**

Human Resources

BCBSTX HealthSelect Mental Health Services

Visit <https://healthselect.bcbstx.com/> for more information and to identify in-network providers for in-person or tele –health counseling.

- Blue Access for Members
 - Find a Provider directory
- or
- Contact a BCBSTX Personal Health Assistant by phone at **800 252-8039 (TTY:711)**

Human Resources

Blue Cross Blue Shield of Texas Mental Health Services



Mental Health Services for HealthSelect and Consumer Directed HealthSelect Members

- ❖ Mental health Virtual Visits through **Doctor On Demand**[®] and **MDLIVE**[®] are covered at 100% if you are enrolled in BCBSTX HealthSelect of Texas[®], HealthSelectSM Out-of-State or HealthSelectSM Secondary.
- ❖ If you are enrolled in Consumer Directed HealthSelectSM, you must meet your annual deductible and pay 20% coinsurance.

Human Resources

Intellectual Health Resources:

- [MD Anderson Library Resources](#)
- [Human Resources Catalyst Training](#)
and [Linkedin Courses](#)

Abundance of on-campus trainings:

- [Cougar Ally Training](#)
- [QPR Suicide Prevention Training](#)
- [Stop the Bleed Training](#)
- [Mental Health First Aid Training](#)
- [Active Shooter Training](#)

and many, many more



Human Resources

Intellectual Health Resources:

- [Staff Tuition Scholarship Program](#)
- [Staff Council B. Renae Milton Students of Staff Scholarship](#)
- [Support Staff Council Rebecca Szwarc Professional Development Reimbursement](#)
- [Women & Gender Resource Center Advisory Committee Scholarships](#)
- [Children's Learning Center Work Force Solutions Tuition assistance](#)



Human Resources

Occupational Health Resources:

- [Alternative Work Arrangements \(AWA\)](#)
- [Bright Horizons Child and Elder Back-up Care](#)
- [POWER UP, EAP, Ombuds Services](#)
- [Catalyst Trainings](#)
- [Linkedin Courses](#)
- A wide variety of trainings are available on campus



Human Resources

Financial Health Resources:

- [Retirement at Work: Supplemental Retirement Plans](#)
- [Retirement One-On-One Appointments](#)
- [TRS/ERS Retirement Workshops](#)
- Financial Wellness Sessions ([HR Benefits](#))
- [TDECU Onsite](#)
- [Discount Programs](#)
 - [PerkSpot](#)
 - Savings Center ([Deer Oaks EAP](#))
 - [Corporate Shopping Company](#)



Financial Health Resources:

[BCBSTX HealthSelect](#)

- [HealthSelect ShoppERS](#)
- [Blue365deals](#)
- [Discount Purchase Program](#)
- [Blue Points](#)



Spiritual Health Resources:

- [A.D. Bruce Religion Center](#)
 - Meditation
 - Yoga and more
- [UH Wellness Mindful Meditation](#)



Human Resources

Social Health Resources:

- Annual [Faculty Senate/Staff Council](#) Tailgate and Football Game, Annual Corp. 5k
- Social and volunteer opportunities via [Staff Council](#), [Black Leadership Network](#) and many other campus organizations
- [Toastmasters](#) and other groups
- HR Wellness and Benefits Fair ([HR Benefits](#))
- HR President's Staff Excellence Awards ([HR Benefits](#))



Human Resources

Environmental Health Resources:

- [Office of Sustainability Programs](#)
- [UH Environmental Health and Safety](#)
 - [Occupational Health](#)
 - [Environmental Health](#)
 - [EHS Trainings](#)



POWER UP

- Health Promoting Universities
 - Wellness Planning Committee
 - Wellness Champions: UH
- Wellbeing Activators!**

Visit: www.uh.edu/POWERUP

Contact: POWERUP@uh.edu

Human Resources



POWER UP

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