

POWERUP NEWSLETTER

HR Health & Wellness February 2018

READY TO ZUMBA?

Beginning Monday, Feb 12, free ZUMBA classes will be available to faculty and staff every Monday and Wednesday afternoon, 5:30 – 6:30 PM in the Melcher Gym, 2nd Floor, (next to the Charter School). Please enter at the south entrance, take the stairs and follow the signs to the gymnasium.

Zumba is a high energy fitness program featuring aerobic movements inspired by various styles of Latin American dance. The program is open to all levels of fitness.



ERP ONSITE MOBILE MAMMOGRAMS

This month 3D/2D mammograms will be available to qualified UH employees with BCBSTX



HealthSelect insurance (or other accepted insurance) with no co-pay or additional out-of-pocket expense at the UH Energy Research Park. Screenings will be conducted on Friday, February 23rd from 9:00 AM to 3:30 PM in The Rose's state of the art mobile unit located outside of ERP Building 7.

To learn more about 3D mammography, click here to watch a quick video. Then, REGISTER

online using code: UHERP. If you have difficulty registering, call 281 464-5136 for help in making your appointment. If you have any questions, contact <u>The Rose</u> at <u>MobileTeam@therose.org</u> or 281 464-5136.

PUBLIC ART TO HOST FRANK STELLA

Fri, Feb 9, the Public Art of University of Houston System hosts a conversation on the role of art in public spaces with renowned artist **Frank Stella, 7 - 8 PM**, in the **Moores Opera House**. Joining Mr. Stella will be Alison de Lima Greene, Isabel Brown Wilson Curator of Modern and Contemporary Art at the Museum of Fine Arts, Houston, and Rick Lowe, UH faculty member and founder of Project Row Houses. To attend, please RSVP by Mon, Feb 5. For more information, contact Jasmine Harris at **713 743-0332**.

Prior to this event, participate in a special **Public Art Tour** hosted by Mike Guidry, Curator, and Wilhelmina (Beth) Robertson, former UH Regent and philanthropist, for a tour of Mr. Stella's Euphonia. Learn more about this piece in the UH collection while enjoying behind-the -scenes stories. Open to the public, the tour will take place from **12:30 to 1:30 PM, Tues, Feb 6.** Register here.

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Contact Us

713-743-3988

http://www.uh.edu/humanresources/wellness/

POWERUP@uh.edu



WEIGHT WATCHERS AT WORK -

FREESTYLE

Weight Watchers on campus continues this spring with a new 12 week meeting series! For additional information and to join, email POWERUP@uh.edu. Learn more by watching this quick video or participating in the following complimentary webinar:



A Transformation Story

- When: **Tues, Feb 20** at **1:00 PM** CST (1 hour)
- Register Here: webinar.weightwatchers.com/r/Transformation2018

UH PUBLIC ART TOURS

Tours of the Public Art of the University of Houston System will be the first Friday of each month throughout the spring semester. Each tour will have a different focus as well as different guides who will offer unique insight to the art around campus. Walks are free and open to the public. Attendees are asked to register online. The next Public Art Tour will occur Tues, Feb 6, 12:30 – 1:30 PM and begin at the Moores Opera House.

QPR SUICIDE PREVENTION TRAINING

Learn how to recognize when someone may be contemplating suicide and what you can do to help. Attend **Question, Persuade, Refer (QPR) Suicide Prevention Training** offered by UH Counseling and Psychological Services (CAPS). Training sessions are offered throughout the semester. Two sessions will occur in February on **Tues, Feb 6 and Thurs, Feb 22, 12 -1 PM** in **Student Services Center 1.** Participants must enroll in advance. For a complete schedule and to register, click here.

<u>VIRTUAL VISITS WITH A MD</u>

Members of BCBSTX HealthSelect can consult a doctor anytime online or by phone. Virtual visits are an option when you can't get to your doctor. Board certified doctors are available 24/7 to diagnose and treat a wide range of medical conditions. Most visits take 10 – 15 minutes and there is no co-pay. If needed, prescriptions can be sent electronically to the pharmacy of your choice. Please note that Consumer Directed HealthSelect and HealthSelect Secondary members will be required to meet their annual deductible before virtual visits are covered, subject to the coinsurance for those plans after the deductible is met. To get started, contact one of these virtual visits providers:

 $\frac{Doctorondemand.com}{Doctorondemand.com} \ or \ \underline{mdlive.com/healthselect}. \ If you have questions or need help getting started, visit <math display="block">\frac{https://healthselect.bcbstx.com/}{Doctorondemand.com} or \ call \ a \ Personal \ Health \ Assistant \ toll-free \ \textbf{(800) 252-8039}, \ Mon-Fri, \ 7 \ AM-7 \ PM, \ and \ Saturday, \ 7 \ AM-3 \ PM, \ central time.$



FEATURED WELLNESS EVENTS

Lunch and Learn: Nutrition 101: Step Away from the Junk Food

Join POWER UP Employee Wellness for a Lunch and Learn presentation by Internal Medicine Specialist, Dr. Carlos Rivera, as he shares the benefits of clean, mindful eating minus the processed foods that sneak their way into our diet.

Mon, Feb 12, 12-1PM in the EDR Pavilion, M.D. Anderson Library

Mon, Feb 19, 12-1PM at the ERP,1, Rm. 214

Register here.

TAX PREP

UH Staff Council will host two days of free tax prep service by representatives from AARP Foundation Tax-Aide. UH students, staff and faculty can visit the Tech Commons from 10 AM – 2 PM Mon, Feb 26 or Wed, Feb 28.

Register for assistance here.

FARMERS MARKET

Shop for locally sourced and produced food as well as other interesting items at the <u>UH Farmers Market</u>! Several new vendors will be on hand this month to cater to your shopping needs. A new edition this spring is the ability to use Cougar Cash for purchases. Markets take places twice a month on Wednesdays, 12 – 4 PM. Mark your calendars today!

- Feb. 14 (<u>Butler's Plaza</u> with a Sweetheart Market theme)
- Feb. 28 (to be held in Wilhelmina's Grove with a Rodeo Houston theme)

