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POWERUP NEWSLETTER

HR Health and Wellness

June 2018

BRIGHT HORIZONS BACK-UP CHILD AND ELDER CARE

Beginning the first week of June, the University is pleased to introduce a new benefit available to UH employees, Bright Horizons Back-up Child Care and Elder Care. Bright Horizons helps employees better manage their work, family and personal responsibilities by offering up to 10 days of emergency care per employee per year at subsidized rates for work-related reasons. 

Center-based **Back-up Child Care** is \$15 per child per day or \$25 per family per day. In-home care is \$6 per hour for up to three care recipients, with a four hour minimum. Home-based **Back-up Elder Care** is \$6 per hour for up to three care recipients, with a four hour minimum.

Assistance is available 24 hours a day, 365 days a year. For additional details and to access Bright Horizon's Care Advantage service, visit the [HR Benefits webpage](#).

READY TO HIP-HOP

Free introductory Hip-Hop dance classes will be offered this summer to faculty and staff every Thursday afternoon, beginning Thursday, June 14, 5:30 – 6:30 PM, in the Melcher Gym, 2nd Floor! Hip-Hop is a mix of a wide range of dance styles that incorporates free-style (improvisational) and *breaking* moves. It's also a really fun and great workout! Taught by Reuben Parrish, the class is open to all employees and no prior experience with Hip-Hop is required. There is no need to register. Simply show up ready to move and have fun!



The [Melcher Gym](#) is located at 3871 Holman St., (next to the Charter School) in the Athletics District – MEL – Building 533. Please enter at the south entrance,

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UH Benefits Fair: Save the Date!

July 18, 10:00 Am – 2:00 PM
Campus Recreation and Wellness Center

Mental Health Services

Resources you can use: [BCBXTX Benefits](#)

Lunch and Learn: BCBSTX Wellness Resources

Bring your lunch and join POWERUP Employee Wellness for a

take the stairs and follow the signs to the gymnasium. With the appropriate permit, employees can park in Faculty/Staff Parking Lot 15C or the Stadium Garage. There is also Visitor Parking in the Stadium and metered parking along Holman Street.

TAKE YOUR CHILD TO WORK DAY

The second annual Take Your Child to Work Day is Friday, June 8. The special event provides employees the opportunity to bring their children ages 6 to 13 to work to participate in special activities on campus designed just for them (parents must accompany children). Children will receive a voucher for a free lunch at Fresh Food Company. While registration is now closed, additional information about the day can be found [here](#).

Founded 25 years ago, Take Your Child to Work Day is a national public education program that aims to inspire children to dream big by providing them an at-work experience. Children not only witness a day in the life of their parents but also get to meet other professionals and learn what they do.

WEIGHT WATCHERS DEAL DAYS

A new 12-week series of Weight Watchers at Work will begin July 19! Join WWs during “Deal Days”, any time between June 14 – 21, and receive the special discounted rate of \$132.60 for the series! You can find out more about University of Houston Weight Watchers during an Information Session, Thursday, June 28, in the Campus Recreation and Wellness Center Rotunda Room at 12:00 noon. During the free session, you’ll learn about the UH WWs *Freestyle* meetings occurring every Thursday from 12:15 to 1:00 PM on campus in the CRWC. Meetings are open to all faculty, staff and students and provide ongoing support, encouragement and the convenience of being able to meet onsite at the University. (Please note that outside of the special Deal Days window, pricing remains at the usual rate of \$156.00 for the 12 week series.)

For more information and to register, email POWERUP@uh.edu or contact Court Stein, Wellness Administrator, at 713-743-1991.

MENTAL HEALTH FIRST AID

UH Wellness will be offering their popular Mental Health First Aid Training this summer on Friday, June 29th from 8:00 M to 5:00 PM, free of charge to all UH faculty and staff. This 8 hour, highly interactive training seeks to educate the campus community about the signs of common types of mental health illness, how to initially support someone, and how to connect them to professional support. Participants must be present all day to receive full certification. Class size is limited to 30. Visit the [MHFA website](#) to learn more and register.

LEARN IT WITH LYNDA.COM

Interested in learning a new skill? Do it today with Lynda.com, the University’s new online training program available to employees 24/7. Lynda.com offers employees over 6,800 courses in Business, Technology and Creative Skills all taught by industry experts. Start your journey to learning by taking the online tutorial to learn about the many features the program provides. Then, visit the Learning Paths feature or simply search the topic or area in which you’d like to learn more. To access Lynda.com, visit [Access UH](#) and click on the Lynda.com tile under “University Services”.

presentation by Blue Cross Blue Shield of Texas HealthSelect to learn about the various wellness resources available to you to keep you fit and healthy.

- Monday, June 25, 12-1PM in the EDR Pavilion, MD Anderson Library, 2nd Fl.
- Tuesday, June 26, 12-1PM at the ERP Building 1, Room 214
Register [here](#).

Free Webinars: Weight Watchers Success Stories

- Lisa’s Story
- Thursday, June 7 at 1:00 PM CST (1 hour)
Register [here](#).
- Matt’s Story
- Tuesday, June 19, 12:00 PM CST (1 hour)
Register [here](#).

SAFETY AT WORK

Automobile accidents pose the biggest threat to State of Texas employees. That may not surprise you, but did you know that falling is the second biggest cause of workplace injuries in Texas? Meanwhile, repetitive stress injuries continue to cause pain, leading to losses in productivity. Protect yourself by learning [ways to avoid these kinds of workplace injuries](#).



Thank you,

Court Stein
HR Wellness Administrator

CONTACT US

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