



POWERUP NEWSLETTER

HR Health & Wellness

March 2018

COME TO ZUMBA!

Free **ZUMBA** classes are being offered to faculty and staff every **Monday and Wednesday afternoon, 5:30 – 6:30 PM** in the **Melcher Gym, 2nd Floor**. Zumba is FUN and provides really great workout. The program led by instructor **Maria Cuevas** is open to all levels of fitness. 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, 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.

WHOLESOME COOKING TECHNIQUES

Interesting in learning a few wholesome Cooking Techniques? Enjoy a complimentary webinar with Chef Ryan compliments of Weight Watchers! Chef Ryan specializes in preparing easy-to-make, nutritious recipes based on taste, presentation and practicality — in other words, meals that can be cooked by regular people.



When: Thursday, March 22nd at 1:00pm CST (1 hour)

Topic: Chef Ryan Wholesome Cooking Techniques

Register Here: [WW Watch 'n Learn Webinar – Cooking Techniques](#)

Interested in learning more about the **WW Freestyle program**? Watch the webinar and then join the UH on-campus group which meets every Thursday at noon in the Campus Recreation and Wellness Center. For more information and to join, contact POWERUP@uh.edu.

When: Available On Demand: (1 hour)

Topic: Introducing WW Freestyle™ Webinar to Employees

Register Here: [WW Freestyle!](#)



In This Issue

Come to Zumba!

Wholesome Cooking Techniques

- Weight Watchers Freestyle Program

BCBSTX Blue Points Rewards

Hello Lynda.com!

Mental Health First Aid

Take Charge of Your Mental Health

UH Farmers Market

Optum Rx

Featured Wellness Event:

- Sleep Lunch & Learn

Health Highlight:

- ERP Mobile Mammograms

Contact Us

713-743-3988

<http://www.uh.edu/human-resources/wellness/>

POWERUP@uh.edu

BCBSTX BLUE POINT REWARDS

Get Blue Point REWARDS for healthy living!

As part of Well onTarget®, BCBSTX members have access to Blue Points, an online program that allows you to earn and spend up to 17,325 points each year for participating in different wellness activities. Points can be used to purchase all kinds of products found in the online shopping mall available in Well on Target.



Learn more and get started by logging in to your [Blue Access for Members](#) account today!

HELLO LYNDA.COM!

Are you interested in learning a new skill but are limited by your current schedule? Then meet Lynda.com! Accessible 24/7, the University's new online training program offers employees a myriad of courses in Business, Technology and Creative Skills all taught by industry experts. Start your journey to learning by visiting the Learning Paths feature or simply search the topic or area in which you'd like to learn more. With over 6,411 courses offered, you're likely to find a course just right for you! To learn more, visit [Access UH](#) and sign on to the University Service Lynda.com.



MENTAL HEALTH FIRST AID

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](#).



TAKE CHARGE OF YOUR MENTAL HEALTH

Most of us aim to lead productive, fulfilling lives. But sometimes mental health issues can make it hard to do that. If you are struggling or living with a mental health condition, you are not alone. Your health insurance plan covers mental health care. Read [more](#).



UH FARMERS MARKET

Shop for locally sourced and produced food as well as other interesting items at the [UH Farmers Market!](#) Don't forget, you can now use Cougar Cash for purchases. This month the Market will occur on **Wednesday, March 21, 12 - 4 PM in Butler Plaza**. Learn more by watching this quick [video!](#)



UH FARMERS MARKET

OPTUM RX

Managing your health includes learning all you can about the prescription medication you take. OptumRx has Rx search tools that can assist you. [Learn more](#).



FEATURED WELLNESS EVENT

Lunch and Learn: Sleep: Getting to the Bottom of Sleeping Disorders

Join POWER UP Employee Wellness for a Lunch and Learn presentation by Internal Medicine Specialist, Dr. Shane Magee, as he shares the power of quality rest and the factors that lead to poor quality sleep.

Tues, Mar 13, 12-1PM in the EDR Pavilion, M.D. Anderson Library

Tues, Mar 20, 12-1PM at the ERP 1, Rm. 214

Register [here](#).

POWER UP

An Employee Wellness Initiative

HEALTH HIGH-LIGHT

Recently, [The Rose's state-of-the-art mobile unit](#) visited the ERP to offer 3D/2D mammography. Over the course of a few hours, 20 mammograms were provided to eligible UH employees.

