



POWERUP NEWSLETTER

HR Health and Wellness

September 2018

REGISTER FOR BACK-UP CHILD AND ELDER CARE

The new employee benefit, Back-up Child and Elder Care provided by [Bright Horizons Care Advantage](#), offers eligible employees high quality temporary care whenever regular child and adult/elder care arrangements are not available. Care reservations are required and requests can be made one month in advance or up to the day the care is needed. To learn more about this benefit and how it works, please [click here](#).



Be prepared to use your care benefit *before* it's needed by registering online today. (There is no fee to register and this step is required prior to utilization of the service.) **Register by Sept. 30** and Bright Horizons will enter you into a raffle for one of four **\$25 Amazon gift cards** when you register any family member, including yourself for potential self-care needs. **As a bonus, one faculty or staff member will be chosen to receive waived copays for the following year.**

REGISTER online (Username: **UH** | Back-Up Password: **care4you**) or by phone (**877 242-2737**) today!

UH FACULTY/STAFF TAILGATE AND FB GAME

UH Faculty Senate and UH Staff Council will host two major faculty and staff events before the UH vs. Tulsa football game on Thursday, Oct. 4, at TDECU

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Featured Wellness Events

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The first event will be a **Game Day Ticket & Tee Giveaway from 11 AM to 2 PM, Friday, Sept. 28**, in the **Student Center South, Space City Room (Room 214)**. At this event, full-time, benefits-eligible faculty and staff can pick up a free T-shirt and ticket to the UH vs. Tulsa football game (while supplies last). Tickets are limited to one per person, but employees will also be able to buy discounted tickets at \$10 each at the event. Employees must present their UH ID for entry.

On **Thursday, Oct. 4** (game day) faculty and staff are invited to the **F/S "Oktoberfest" Tailgate from 4 to 7 PM at Shasta's Square/Gate 4**. The tailgate will have free food, drinks, music and some great UH swag. Employees must present their UH IDs for entry and bring a driver's license or other government-issued photo ID if they wish to consume alcoholic beverages. Game time is at 7 PM. All are encouraged to wear red to cheer on the UH football team to another great victory!

ON-CAMPUS NO-COST FLU SHOTS FOR ELIGIBLE EMPLOYEES

Don't put off getting your flu shot this year. Register early to get yours on campus the first week of October. A joint **flu shot clinic** for UH employees will be held this year on **Wednesday, Oct. 3, from 10 AM - 1 PM, in the MD Anderson Library, Elizabeth D. Rockwell Pavilion** and from **2 – 4PM at the UH Technology Bridge, Bldg 1, Room 214**. At the event, H-E-B pharmacists will administer vaccinations to eligible BCBSTX HealthSelect members, while KelseyCare providers will provide flu shots to KelseyCare members. Look for an email with all the details and instructions on how to register soon!



ONSITE MOBILE MAMMOGRAMS

During the month of October, Breast Cancer Awareness Month, 3D/2D mammograms will be available on campus to qualified UH employees with BCBSTX HealthSelect insurance (or [other accepted insurance](#)) with no co-pay or additional out-of-pocket expense. Screenings will be conducted in [The Rose's](#) mobile mammography unit on **Tuesday, Oct. 9, 8 AM – 4 PM** and **Wednesday, Oct. 10, 9 AM – 5 PM** in **Lot 19F** between the Power Plant and Technology Annex (near the M.D. Anderson Library). To REGISTER, go online to www.the-rose.org/mobile and use code: **UH**.



Lunch and Learn:

Retirement Income Strategies

Plan for the future by attending this financial wellness lunch and learn presented by VALIC.

Retirement Income Strategies focuses on the new retirement realities and how the essential income planning process can help you address the five risks associated with retirement: Longevity, Healthcare, Inflation, Investment and Withdrawal.

Tuesday, Sept. 11, 12-1PM, in the MD Anderson Library, EDR Pavilion, 2nd Fl.

Wednesday, Sept. 12, 12-1PM, at the UH Technology Bridge (ERP), Building 1, Room 214
Register [here](#).

Save The Dates

Mark your calendars and look for more Information to come soon!

- Fri., Sept. 28:
FACULTY/STAFF FB TICKET & TEE GIVEAWAY
- Wed., Oct. 3:
Onsite EMPLOYEE FLU SHOTS
- Thurs., Oct. 4:
FACULTY/STAFF TAILGATE & FB GAME
- Tues., Oct. 9 & 10:
MOBILE MAMMOGRAMS
- Mon., Oct. 22-Thurs., Oct. 25: CORP 5K WALK/RUN
- Fri., Oct. 26:
TRS/ERS RETIREMENT WORKSHOPS

Be sure to register early in order to schedule a time that works best for you. If you have any questions, please contact The Rose at MobileTeam@therose.org or 281 464-5136.

JOIN WEIGHT WATCHERS FOR THE FALL

A new 12-week series of UH Weight Watchers at Work will begin Oct. 11 and go through Jan. 10. Join *now* to get on track for the holiday season by signing up for the fall group meetings during a special Weight Watchers “Deal Days” promotion! Register anytime during the first two weeks of September (through Sept. 14) for a cost of \$132.60 for the 12-week series (regularly \$156). Payment may be made in full by credit card or in three separate checks of \$44.20 each or in one lump sum. Membership is open to faculty, students and staff and provides weekly onsite meetings, program materials and access to online digital tools. Held every Thursday from 12:15 to 1 PM on campus in the Campus Recreation and Wellness Center, meetings are convenient and offer guidance, ongoing support and encouragement. To join or simply learn more, plan now to visit a meeting for free on Thursday, Sept. 13. You can ask questions, meet other members and see if the program is right for you! For additional information or to join, you can also contact Court Stein, Wellness Administrator, at POWERUP@uh.edu or 713-743-1991.



ANNUAL EYE EXAM CO-PAY WAIVED

The [University Eye Institute](#) (UEI) will waive the copay of one annual eye exam for UH faculty and staff using the BlueCross BlueShield (BCBSTX) HealthSelect Medical Insurance Plan. These benefits also provide a materials reduction of 30 percent on all eyeglasses/sunglasses and 15 percent on contact lenses.



The copay waiver and materials benefits are available to faculty and staff all year long. The UEI accepts most major insurance plans, *including* the UH [State of Texas Vision plan](#).

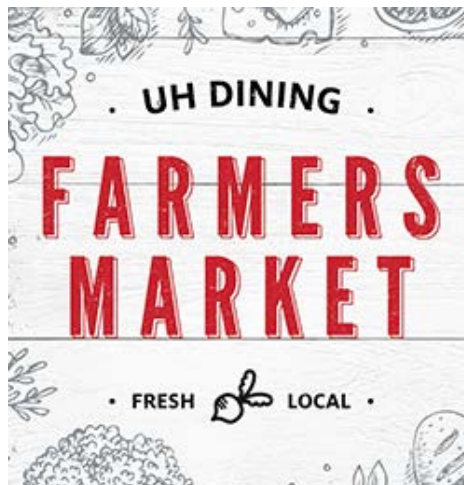
Request an appointment by calling 713-743-2020 or completing the [online appointment request form](#). Questions? Contact Diane Burkett, UEI marketing director, at dburkett@central.uh.edu. (Note: Materials reductions cannot be combined with other offers or insurance.)

VISIT THE UH FARMERS MARKET

This fall, shop for locally sourced and produced food and other items at the **UH Farmers Market!**

The markets take places twice a month on **Wednesdays, noon – 4 PM**, and feature a growing number of vendors ready to cater to your shopping needs.

View the full schedule of dates [here](#) and mark your calendars today. Don't forget; you can now use Cougar Cash for purchases!



JOIN THE HEALTHSELECT FITNESS PROGRAM

The Fitness Program is a flexible membership program for participants of HealthSelect of Texas and Consumer Directed HealthSelect, which provides access to more than 9,000 fitness centers nationwide. The monthly membership fee is \$25, with a \$25 one-time enrollment fee. However, **during the month of September, the \$25 enrollment fee will be waived** for participants and their covered dependents age 18 and older. (Use code *FallFit25* to have the fee waived.) Learn more about the program and how to enroll [here!](#)

COUGARS CELEBRATE HEALTHY CAMPUS WEEK

During the last week of September (**Sept. 24 through Friday, Sept. 30**), UH will host a **Healthy Campus Week** designed to encourage the UH community to move their bodies, eat healthy, and make time to practice self-care through different stress management strategies such as meditation and yoga.



Featured during the week will be several activities open to all students, faculty and staff such as *Meal Prep* presentations, a *Campus Jump Around*, *Sled Push Challenge*, and *Introductory sessions to Yoga* and *Mindfulness Meditation*. For more information about these and other events including *All Day Tea Tuesday*, click [here!](#)

PRESIDENT'S STAFF EXCELLENCE AWARD WINNERS NAMED

The annual staff awards ceremony was held Aug. 13 to recognize the winners of the McElhinney and President's Excellence Awards as well as University staff members with 20, 25, 30, 35, and 40+ years of service. President Renu Khator spoke about the accomplishments of the University and extended personal congratulations to the award winners. Houston Public Media's Ernie Manouse emceed the event. Please click [here](#) to see a list of this year's McElhinney and President's Excellence Award winners!



Thank you,

Court Stein
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