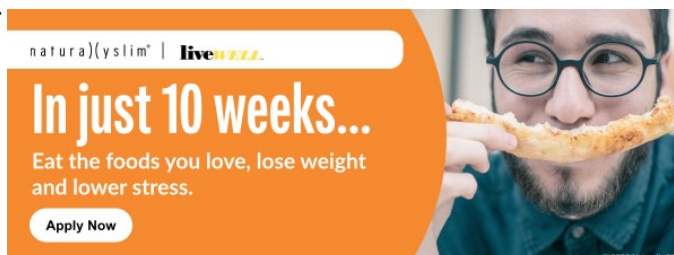




August 2020 Wellness Updates

Lifestyles : 10-Week Weight Management Program

This online weight loss/weight management behavior change platform, powered by Naturally Slim, is offered to UI faculty and staff. To meet the needs of our employees, especially those with on-the-go lifestyles and in a 24/7 work environment, this program can be done anytime, anywhere. Application for enrollment opens August 24, and the program starts September 21. **Learn more at the [liveWELL website](#).**



liveWELL Trainings—Delivered via ZOOM

◆ Financial Wellness: Protecting Your Financial Future

Horizons Financial Wellness program will be presenting a financial education session on Financial Preparedness for Emergency and Disaster Response. This one-hour course will cover developing an emergency savings plan, protecting your financial security, and creating a crisis response budget.



Class is Wednesday, August 12, 12:00–1:00 p.m. [Register now](#) through Self-Service.

◆ Embracing Plant-Based Eating

Plant-based eating has gained lots of popularity in the recent years. Join this session to find out what it is, the benefits and how to incorporate plant-based eating into your life. Learn more at the [liveWELL website](#).



Class is Tuesday, August 18, 12:10–12:50 p.m. [Register now](#) through Self-Service.

◆ Anti-Inflammatory Eating for Optimal Health

- *Learn how specific foods contribute to the inflammatory process.
- *Discover how to incorporate lifestyle choices that will reduce chronic inflammation.

Classes are Mondays, 12:10 PM -12:50 PM, from 9/14/20 to 10/5/20. [Register now for all sessions](#) through Self-Service..

Campus Wellness Scavenger Hunt Wraps Up in August



The **2020 Campus Wellness Scavenger Hunt** is a ten-destination, self-paced activity you can complete by visiting each location physically or virtually. Participate in this fun annual cultural wellness program to learn about University of Iowa art installations and appreciate their beauty— **as well as earn up to 600 liveWELL Points!**

Learn more at the [liveWELL website](#). Register through [Self Service, My liveWELL Portal](#).

Take Your 2020 Personal Health Assessment (PHA)

Take 10 minutes to complete your 2020 PHA in My **liveWELL** portal in Self-Service, Benefits & Wellness. **You'll receive:**

- A tailored feedback report and **earn 100 liveWELL points**.
- Entry in a **monthly drawing for \$250** (two winners every month).
- Eligibility for Recreation Membership Incentive (50% off discount).
- Free health coaching to work on areas you want to improve related to your well-being.



liveWELL Mission - to inspire a culture of well-being and campus excellence, providing employees with the opportunity to thrive.



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UI Employee Well-Being Website
<https://hr.uiowa.edu/employee-well-being>