

# UC Task Force on Integrative Health and Wellness Wellness Initiatives Inventory (June 2014)

## UC (University-wide)

**UC CAMPUS REC CENTER** (Lindner Center, CARE/Crawley locations)  
<http://www.uc.edu/campusrec.html>

Free for UC students (part of Campus Life Fee)  
UC Employees - \$36.66 (includes UCMC, UCP) Monthly \$26.66  
reimbursements will appear on a qualifying members' paycheck  
if you work out 8 times per month-UC employees only

Not all services are offered at Care/Crawley

- Relaxation Treatments- Chair massage, Swedish Massage, Deep Tissue Massage, Sports Massage, Hot Stone Treatment, Reiki
- Nutrition Coaching- Resting Metabolic Rate (RMR) Measurement, Follow-Up with Grocery Store Tour
- Total Wellness\* Package (8 personal training sessions + RMR + Follow-Up w/ meal plans HEALTHYLICIOUS Weight Management Class
- Personal Training
- UChoose: Customized Fitness and Wellness Programs (e.g., lunch & learn, workshop, fitness class, personalized health & wellness assessments or chair massage on-the-go)
- Team Building
- Free Group Fitness
- Aquatics Classes
- Climbing Classes
- Specialized Fitness/Wellness Classes
- Safety Training
- Wellness events – HIV screening, Health & Wellness Fair

**STUDENT WELLNESS CENTER** (6th floor of Steger Student Life Center) <http://www.uc.edu/wellness.html>

- Healthy U Program presentations (e.g., general wellness, nutrition & fitness, alcohol, financial wellness, stress management, sexual health)
- Health Hut – mobile health resources and products from Student Wellness Center
- Individual appointments with health promotion specialist
- Be Wise – alcohol education
- Financial coaching
- Outreach – posters, bulletin board materials, condom distribution, etc.
- Commodore Chronicles – bi-monthly publication featuring wellness information and events

**UNIVERSITY HEALTH SERVICES** <http://www.uc.edu/uhs.html>

- Campus health clinics, including a mental health service – Lindner Center, Holmes
- On-campus pharmacy
- Employee Disability Services
- Student Health Insurance
- Environmental Health and Safety

**HR/UC BENEFITS** <http://www.uc.edu/hr/benefits/wellness.html>

- Wellness newsletter
- Employee Assistance Program - free webinars, interactive health & financial planning tools. Impact Employee Assistance Program (EAP) offers professional, confidential assistance 24/7. 1-800-227-6007. [Impact Solutions website](http://www.impact.com). Login: Bearcats.
- Online resources – tools, health quizzes, etc. smoking cessation, stress management, walking for health, weight management & nutrition
- Brown Bag sessions  
[http://www.uc.edu/hr/benefits/wellness/brown\\_bag\\_sessions.html](http://www.uc.edu/hr/benefits/wellness/brown_bag_sessions.html)
- UC Fitness Trail <http://www.uc.edu/news/trailmap.htm>
- Weight Watchers at work
- Child-care and elder-care programs
- Blood pressure screenings, seasonal flu shots

**Planning stages:** Director of UC Human Resources, Elizabeth Aumann, has a directive to incorporate an employee wellness program as part of the benefits package for UC employees (plan started April 2014)

- Wellness Committee formed, looking for COM rep, COM students
- Committee email chain: Epplen, Kelly (Pharm, Asst. Professor); BOL-Patterson, Margaret (student); Harrell, Joseph (Asst VP, Utilities & Finance); Reilly, M. B. (Dir. PR West Campus); Bangs, Stephen (Univ Health Services – Lindner); Varol, Ashley (Campus Rec Center); Culp, Aubrey (Grad student, wellness); Ascher, Erin (UC HR)
- Partnered with consulting firm, Mercer, to find a vendor for the wellness program
- Program would offer health risk assessments to employees who seek it out. For employees identified as high risk, program would provide further services such as biometric assessment, health coaching, weight loss help, nutrition guidance, smoking cessation etc.
- Potential for COM student involvement – Pharmacy is considering this program a “rotation” for the pharmacy students where they could earn credit for participation

## UC College of Medicine (COM)

### 1. Is there a wellness strategy for UC COM?

- No published strategy
- Division of Integrative Med mission statement - *Our mission is to improve the health of our local and global community through innovative, internationally-recognized research, education, clinical practice, and community engagement efforts focused on integrative health and wellness.*
- There is no published wellness strategy for the students. During orientation week, they provide us with information about the fitness center and talk to us about maintaining a healthy lifestyle. However, we are left on our own. I do not know anything about the faculty in the Medical Sciences Building.

### 2. What are we currently doing to raise awareness and improve employee/faculty/student wellness?

- UC Task Force on Integrative Health and Wellness
- Mind-body Facilitators Training – 5 have been trained to provide mind-body skills workshops to med students
- Student perspective
  - Fitness- It is made known that the fitness center is free to students. We also have access to a small weight room accessible through our student lounge. At the beginning of the year we are told we can take any of the fitness classes at the fitness centers. Afterward it is never mentioned again. I don't recall receiving emails from undergraduate campus about any fitness events.
  - Stress management- Again, in the beginning of the year we are told about resources available to us, which is pretty much the prayer room. There is also a student wellness council that is supposed to be available to us but most of us don't remember who they are, what they do, and how to contact them. We are told we can seek counseling and psychiatric care through the Stetson offices. After orientation, nothing is said of it again. The only other thing raising awareness of stress management is the mind body workshop.
  - Nutrition- absolutely nothing. They figure since we are training to be doctors we can figure it out for ourselves.

### 3. Is there a regular schedule of events? How often do they take place?

- Sanghvi lecture takes place yearly, Integrative Med grand rounds/lectures take place throughout year
- Student perspective: There is no regular schedule through the school of events pertaining to these three categories, unless you count fitness classes at the fitness center. Christian Medical Association offers a Bible study once a week. Again, I do not know about the faculty in MSB.

### 4. How do we communicate about these initiatives?

- Calendar listings on COM/AHC sites, web descriptions
- Student perspective: When the student body does hear about events or initiatives, it is usually through email.

We don't hear about things happening very often. My guess is that a lot more is happening at the undergrad campus and we just don't hear about it.

### 5. Who is responsible for planning/implementing each of the activities/events?

- Integrative Med staff/faculty
- Student Wellness Committee will sometimes have some fruit or snacks available for finals week. The fitness center takes care of the fitness classes.

### 6. Is there an allocated budget for wellness activities? If yes, could we get an estimate of the funds available? Which department do they fall under?

- Limited discretionary fund in Dean's office for integrative medicine
- Integrative Medicine budget is roughly...
- Student Wellness Committee receives a budget through MSA (Medical Student Association), who is given a yearly budget through UCCOM.

#### FOR FACULTY/STAFF

- Dr. Khushman V. Sanghvi Memorial Lectureship on the Mind-Body Interface in Health and Healing
- Integrative Health grand rounds presentations

#### FOR MEDICAL STUDENTS

- Mind-body Skills Workshop for medical students
- Year 4 Integrative Med elective
- Various Integrative Med lectures/embedded in curriculum
  - Physician and Society 101 and 201, "Finding Meaning in Medicine" Year 3 Medical Student Intersession
- Free access to fitness centers (weight room through student lounge)
- Prayer room
- Student Wellness Council
- Student Wellness Committee
  - <http://sitecentral.uc.edu/studenterv/Organizations/StudentOrg.aspx?OrgID=52>
    - Stress relief food and activities for M1s and M2s on major exam days
    - End of year party for 1st years.
    - 24-hour help line to students to discuss any issues they may be having.
    - Monthly Wellness feature in the medical student e-newsletter MedCat
    - Various wellness related lunch talks throughout year (substance abuse and financial wellness)
- Counseling and psychiatric care through the Stetson offices
- Info made available during orientation week re: fitness center, group classes, prayer room, etc.
- Latino Med Student Assoc. - Salsa on the Square
- Urban Health Project – (for community) Homeless shelters, Free medical clinics, Rehabilitation centers, Homeless programs for children and youth, Programs for mentally ill, Educational programs on exercise, nutrition and fitness, cooking and grocery shopping

## UC College of Allied Health Sciences (CAHS)

### 1. Is there a wellness strategy for CAHS?

- No published strategy

### 2. What are we currently doing to raise awareness and improve employee/faculty/student wellness?

- Faculty Development Committee – faculty select topics for college-wide presentations on topics that related to teaching, research, and personal development. We have had topics presented on managing family and job, stress management.
- Staff Development Committee – staff select topics to enhance performance and job satisfaction. Have had speakers on wellness related topics at monthly meetings (e.g., blood pressure reduction).
- Weight Watchers at Work- Human Resources organizes this for faculty upon request.
- UC Benefits/Wellness activities–Human Resources makes faculty aware of wellness activities run through the UC Benefits (screenings, flu shots, etc).
- Wellness assessments – faculty and staff are offered opportunities throughout the academic year to have nutrition, exercise and hearing screenings performed by students as part of their training.
- Mind-body Facilitators Training – 2 Faculty (Whalen and Couch) will be attending this training and plan to provide a course for students and one for faculty and staff on mind-body practices for reducing stress.

- Cooking course for faculty and staff on vegetarian cooking (not ongoing, but could be).

### 3. Is there a regular schedule of events? How often do they take place?

- Faculty and staff development meet regularly (monthly, bimonthly)

### 4. How do we communicate about these initiatives?

- Faculty/staff listserve
- Advertisements posted in building

### 5. Who is responsible for planning/implementing each of the activities/events?

- Faculty/staff development committees
- Human Resources personnel

### 6. Is there an allocated budget for wellness activities? If yes, could we get an estimate of the funds available? Which department do they fall under?

- Limited discretionary fund in Dean's office for faculty development activities
- Dean's office allocates some incentive money to staff who participated in 3 staff development activities during the year. There are also limited funds (based on Dean's approval) for faculty to attend wellness programs during the year.
- Dean's office is supporting travel to the Mind-body Facilitator's Training.

## UC College of Nursing

### 1. Is there a wellness strategy for the organization?

- No formal strategy in place

### 2. What are we currently doing to raise awareness and improve employee/faculty/student wellness?

- Treadmill desks have been installed in the college for faculty, staff, and student use. Intentional signage has been placed in the stairwells to promote active lifestyles.

### 3. Is there a regular schedule of events? How often do they take place?

- The Dean of the college schedules monthly "Walks with the Dean" inviting staff, faculty and students to take a walk break around campus.

### 4. How do we communicate about these events/initiatives?

- Information regarding events and availability of treadmills is communicated via email, the college's Connections newsletter, and SharePoint.

### 5. Who is responsible for planning/implementing each of the activities/events?

- The administrators of the college led by the Dean have been responsible for events so far.

### 6. Is there an allocated budget for these wellness activities? If yes, could we get an estimate of the funds available? Which department do they fall under?

- There is not an allocated budget for wellness activities at the College of Nursing.

## University of Cincinnati Medical Center/UC Health

- An initiative to purchase software that will align wellness efforts is underway (Limeade). Platform would allow employees to accrue points for various things, including discounted health insurance premiums
- UCMC Wellness Committee
- West Chester Hospital Pain Management Menu
  - Instead of drugs to manage inpatient pain, physicians can instead offer meditation, acupuncture, massage, etc.

- StayWell health library online - <http://uhealth.staywellsolutiononline.com>
- UC Health brown bag sessions, in partnership with UC HR/benefits
- Drake Center
  - Community Wellness and Aquatic Center
  - Wellness Programs – personal training, Tai Chi, Parkinson's Exercise Class, Stroke Rehab Class, aquatics classes

## Cincinnati Children's Hospital Medical Center

### NUTRITION

- CCHMC cafeteria Food Color Coding? G-Y-R Eating Guide makes it easy to choose healthier food options. Colored dots on monitors in each station indicate if an item is healthy.
- Nutrition facts for all items sold in the cafeteria can be found on internal website.
- Gold Star Chili serves a healthier version of their food in CCHMC Cafeteria, at the request of the hospital. Food has less sodium, lower-fat and not as much cheese. For example: Gold Star's signature Three Way typically has 679 calories and 34 grams of fat. That goes down to 276 calories and 8 grams of fat at the Cincinnati Children's restaurant.
- Reimbursement for weight management programs – CCHMC will reimburse up to \$150 for meeting attendance/goal requirements
- Variety of nutrition challenges through the wellness platform ([www.myhealthpath.org](http://www.myhealthpath.org))
- Free Health Coaching (in-person and group online coaching webinars)

### FITNESS

- Walking desks
- Onsite fitness classes
- Discounts at area fitness centers
- My Health Path: Employees earn points for completing health screenings and challenges. Points add up to cash rewards. Examples of challenges:
  - Eat breakfast 20 times in a month
  - Drink 25 glasses of water a week
  - Exercise 3 times in a week
- Hoisting Healthy Challenges: Quarterly challenges provided by the SVP of Patient Services for all Patient Services staff. Challenges have included: 1) try a new veggie every week for a month; 2) break one bad habit; 3) month-long triathlon. Earn My Health Path points for completing the challenge.
- Quarterly fitness events (ex: Fitness on the Field)

### STRESS MANAGEMENT

- Lunch and Learns topics: Stress, sun safety, setting wellness goals, workplace bullying, nutrition, fitness
- Schwartz Center Rounds
- Emotional Support Groups for staff who are struggling with death of patient/co-worker or other difficult event

- Free health screening
- Free health coaching
- Free life coaching
- EAP (employee assistance program offers counseling and work/life services)
- Concierge Program helps employees/patients knock items off of their to-do lists (running errands, oil changes, car repairs)

### PRENATAL/POSTNATAL RESOURCES

- Pregnancy Toolkit that lists out the variety of CCHMC and community resources to help staff with every phase of pregnancy
- Lunch and Learns on a variety of prenatal/postnatal topics (breastfeeding 101, prenatal/postnatal care, benefits of exercising during pregnancy, preparing home for baby)
- Prenatal Fitness Classes (trying this out for the first time)
- Health Coaching
- Lactation Support Program: breastfeeding staff are given time, space, and hospital grade breast pump to express milk during the work day. We are also partnered with the Center for Breastfeeding Medicine to help provide resources and support during the breastfeeding process

### MOBILE MAMMOGRAPHY SERVICES

- Have partnered with Jewish, UC, and St. Elizabeth's to provide year round mobile mammography services. Jewish (Mercy) will be at CCHMC during the months of August and September

### Myhealthpath.org (Online Wellness Tracking Tool)

- Employees get rewarded for completing a variety of different wellness challenges on topics such as nutrition, fitness, stress management.
- Employees get bonus points for completing the My Health Matters! challenge. Through this challenge you can get 500 bonus points for either meeting 3 of the 5 biometric markers for metabolic syndrome or by completing a six week coaching program for the area that you are most out of range.
- Employees can also create and track goals using the platform