# Worksite Wellness at UCB

## Awareness Programs and Communications ~
**Objective:** Enhance health awareness and education; promote wellness programs.

| Email and Web | • Health*Matters monthly newsletter  
|              | • Department Intranet |
| Posters/Flyers | • Specific Program Flyers, Active @ Work, Eat Well @ Work |
| Awareness Campaigns | • I ♥ Tap Water; Take the Stairs signs, UC Walks: Cal Walks @ Work Day |
| Newsletters | • UC Berkeley Wellness Letter, copies provided for posting |

## Health Improvement Programs ~
**Objective:** Provide skills and tools to support healthy lifestyles.

| Health Assessment | • UC Living Well Total Health Profile  
| Educational Workshops | • Eat Well @ Work  
| | • First Steps into Functional Fitness  
| | • Get Fit in 7 Minutes  
| | • Nutrition Essentials for Healthy Living |
| Behavior Change Support Programs | • Healthy Lifestyle Programs (6-12 weeks)  
| | • Health*Matters Walking Group  
| | • I CAN! Commitment to Activity & Nutrition (6-week class)  
| | • WorkFit (Recreational Sports) |

## Healthy Work Environment ~
**Objective:** Create an environment that supports healthy lifestyles.

| Healthy Culture | • Eat Well Berkeley (EWB)  
| | o Catering, restaurants and retail, vending  
| | o UCB Guide to Healthy Meetings and Events & EWB Caterers  
| | o Shopping lists for healthier, prepared food at popular stores  
| | o Healthy Choices Poster  
| | o Cook Well Berkeley; Eat Well @ Work; online resources  
| | • I ♥ Tap Water  
| | o Pitchers for meetings to promote drinking tap water, reduce waste  
| | o Water cooler conversion guide  
| | o Hydration station campus map  
| | • Take the Stairs campaign and stair signs |
| Department Champions and Employee Ownership | • Wellness Ambassador Program  
| | • Supervisors: Supporting Wellness at Work  
| | • Department Health & Safety Committee |

## For Faculty, Staff, and Students ~

| Breastfeeding Support Program | • Breastfeeding Your Baby Workshop  
| | • Lactation rooms on campus with hospital-grade pumps  
| | • Personal pumps and parts for sale at cost |