WORKSHOPS AND WEBINARS

UHS Faculty/Staff Health Programs:
- Back Talk: Less Stress on Your Back
- Basic Legal Knowledge to Live Well: Wills, Finances, Health & More
- Be Sugar Savvy
- Breastfeeding Your Baby/Return to Work or School
- Breema: Moving Meditation for Balance and Harmony
- Cell Phones and Your Health
- Computer Health Matters: User Friendly Work Stations
- Computer Workstation Evaluator Training
- Core Essentials for Better Posture
- The Dementia Whisperer
- Emotional Readiness for Retirement
- Financial Planning: Working with a Financial Planner
- First Steps into Functional Fitness
- Fitness Walking Clinics
- Get Fit in 7 Minutes
- Getting out of Debt
- Healthy Edible Holiday Gifts
- Keyboards and Mice: Ergonomic Alternatives
- Low Income Assistance for Senior’s
- Lunch—Eat Well at Work
- Mindful Stretching to Ease Joint Discomfort
- Parenting Fussy Babies: Understanding Infant Crying and Colic
- Planning Your Pregnancy Leave
- Positive Parenting: What Great Parents Do
- Understanding the Behaviors of Someone with Memory Loss
- Understanding and Improving Your Credit Score
- Why We Love: How romantic love and intimacy foster personal growth and development
- Winter Vegetables Made Easy
- UC Retirement Plan: The Pension Plan

Health*Matters Webinars:
- Food Sensitivities: Trends, Triggers and Truths
- Nutrition Essentials for Healthy Living
- Nutrition for Women in Middle-Age and Beyond
- Strategies for Making Successful Lifestyle Change

INSTRUCTIONS

Make your health a priority and receive a $75 Visa gift card by participating in UC Living Well’s incentive program. Faculty and staff who are eligible* for this program must earn 7500 points by December 15, 2015.

The University of California is partnering with Optum, a health and well-being company, to provide an online health assessment, the Total Health Profile (5000 points) and wellness coaching (2500 points) available online or by phone.

You can also earn points with Berkeley’s wide array of on-campus health and wellness programs (2500 points each, up to two maximum), outlined on this page.

GET STARTED: uhs.berkeley.edu/uclw

* See the list of participating bargaining units.

QUESTIONS:
Contact Optum Customer Service 1-877-818-5826

FITNESS ACTIVITIES
- Health*Matters Dancing for Fun and Fitness
- Health*Matters Fitness Walking Clinic
- Health*Matters Walking Group
- WorkFit department on-site fitness program and other Rec Sport fitness activities

HEALTHY LIFESTYLE PROGRAMS
- Mindful Awareness Practices
- The Amazing Walk 4: Virtual Wellness Adventure
- Maintain Don’t Gain

HEALTH SCREENING
- BodPod Body Fat Screening
- Know Your Numbers Health Screening

ONE-ON-ONE CONSULTATION
- Personal Fitness Training at RSF

Learn more about UC Living Well by scanning this QR Code:

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