Employee Assistance and Elder Care 643-7754
Employee Assistance offers free, confidential short-term counseling, assessment and referrals for personal, family, work-related and elder or dependent adult concerns, and consultations for managers and supervisors experiencing workplace challenges, transitions, or concerns about the welfare of an employee.

Disability Management 643-7921
Disability Management provides employees and departments with a full range of disability-related assistance and consultation, including workers’ compensation, injury prevention, return-to-work, transitional work, reasonable accommodation, and departmental training.

Ergonomics 643-2540
Ergonomics promotes safe and healthy campus work environments through workshops, consultations, coordination of the departmental computer workstation evaluator network, development of design guidelines, and administration of the Computer Ergonomics Matching Funds Program.

Wellness 643-4646
Wellness, in partnership with several campus departments, strives to foster a healthy work environment and to provide tools and resources to enhance and support the health and well-being of faculty, staff and their families.

Occupational Health 642-6891
Occupational Health is a full-service occupational medicine program providing: treatment for work-related injuries and illnesses; medical screenings and surveillance; immunization programs; and consultations for employee health-related issues.

Work/Life 642-8659
Work/Life identifies and recommends policies and benefits, and develops services and programs that enable faculty and staff to be productive members of the campus community while meeting personal and family obligations.

Breastfeeding Support Program
Lactation rooms on campus and breastfeeding classes.

Career Resources
Several campus partners offer career resources for faculty and staff.

Ergonomics
Worksite Evaluations in non-computer environments.
Computer Ergonomics Matching Funds Program.
Ergonomics Showroom – Call (977) 722-9090 for an appointment to try chairs, adjustable tables and keyboard trays.

Financial Wellness
Classes and resources to develop knowledge and skills for managing financial decisions.

Nutrition Programs
Cook Well Berkeley recipes. Ask the Dietitian email service.
Food and Beverage Choices Policy.

Smoking Cessation Services
California Smokers’ Helpline: 1-800-NO.BUTTS offers FREE telephone counseling, available in six languages. See webpage for more resources.

Supervisors
Tools and resources to create a healthy work environment.

SCHEDULE OF WORKSHOPS FOR FACULTY AND STAFF
uhbs.berkeley.edu/bewellatwork/workshops

FALL 2018

MARK YOUR CALENDAR FOR THESE SPECIAL EVENTS:

CAMPUS MEMORIAL
Mon 9/10, Noon – 1 pm, Campus Flagpole (west of California Hall)
Join members of the campus community at this annual event to remember faculty, staff, students, emeriti and retirees who died this past year. Please invite family and friends to attend. Co-sponsored with the Chancellor’s Office.

BLOOD DRIVES
Offered monthly at two locations
Blood drives sponsored by the American Red Cross are offered monthly on campus. Check the schedule and make an appointment online. The new Rapid Fast Pass can save about 15 minutes on the day of donation.

DROP-IN FLU CLINICS
Offered monthly at two locations
No appointment needed! Drop in at the Tang Center this fall and quickly get vaccinated in the dedicated line for faculty and staff! $30 for community/non-SHIP members (adults only). Dates and details available on uhs.berkeley.edu/flushots

SIT. STAND. MOVE.
Change it up every 20-30 minutes. It’s a healthy combination!

uhs.berkeley.edu/activitybreaks
What’s your Sleep Number®? If you’re familiar with this commercial, you may wonder whether the answer could improve the quality of your sleep, or have a significant impact on reducing fatigue and increasing mental clarity and emotional well-being. However, in addition to your bed, there are many factors that have a significant impact on your sleep. Learning and following good sleep habits can reduce fatigue and improve your overall health.

This Fall, join Be Well at Work Faculty/Staff Health Programs for our sleep related workshops:
- Developing Healthy Sleep Habits (Presented by the Golden Bear Sleep and Mood Research Clinic)
- For Parents: Secrets from a Baby/Toddler Sleep Nurse

Then take our 6-week Rest and Revive “Take a Break” Challenge to learn about preventing and managing stress to help navigate you on the path to better health.