



# Health Improvement Programs

## Know Your Numbers

Know Your Numbers is a fasting health screening including total cholesterol, HDL, LDL, and triglycerides, glucose, blood pressure, body mass index and waist circumference. Participants will receive confidential results immediately (seen only by Health\*Matters staff) and resources for follow-up. Plan for 20-30 minutes to complete the screening.

**Cost:** \$10 (cash or check made out to UC Regents)

**Minimum Participation:** 20 participants

## Online Healthy Lifestyle Programs

Healthy Lifestyle Programs are a great way to learn about your health, take action to make changes, win some prizes, and have some fun.

**Examples of Healthy Lifestyle programs from Health\*Matters include:**

**The Amazing Walk** – Improve health by focusing on simple walking and nutrition habits over several weeks. Participants travel the world virtually, track progress, receive weekly wellness bulletins, and earn rewards.

**Maintain Don't Gain** – Participants receive a guide with weekly tips, recipes, email or text reminders, and more to enjoy the holidays without gaining weight.

## WorkFIT *managed by Rec Sports*

WorkFIT is an in-house fitness program for your department. WorkFIT, sponsored by UC Berkeley's Department of Recreational Sports, is staffed by a team of certified personal trainers who deliver strength training, flexibility and general fitness class, 2 or 3 days a week.

WorkFIT supports faculty and staff with fitting fitness into their workday by having it conveniently delivered at the work location and leaving them refreshed and ready to tackle the work day.



WorkFIT



## Know Your Numbers

*"I can't begin to say thank you enough for offering this service. I took advantage of it last year and, unfortunately, my numbers were so unhealthy that I was advised to contact my doctor immediately. My numbers were not even close to the healthy range. It was obvious that I needed to do something. Given the needs of other people in my household I had been postponing my own checkups and now it was time to get in. As a result of your setting off the alarm I am now happy to say that a year of medication (lowest dose I am happy to write), healthier eating, more exercise --- drum roll please --- I have excellent numbers! Thank you so much for this service. It is invaluable. I'll be back next year to check again and make sure I stay on track."*

# Wellness Ambassador Action

## Scheduling

### Know Your Numbers

- Access department interest in Know Your Numbers.
- Reserve appropriate space for the screening with a capacity to accommodate 25-30 people, 4-6 (2'x6') tables, 10-15 chairs and adequate electrical outlets for biomedical screening equipment.
- Contact **Cori Evans** at 510.642.8410 or [corievens@berkeley.edu](mailto:corievens@berkeley.edu).

### WorkFIT

- Communicate with **Cori Evans** at 510.642.8410 or [corievens@berkeley.edu](mailto:corievens@berkeley.edu) that you have interest in starting a WorkFIT program.
- Assess potential participants and department interest in bringing a WorkFIT program onsite.
- Contact Jo Baker, WorkFIT Coordinator, Department of Recreational Sports at 510.643.2266 or [jobaker@berkeley.edu](mailto:jobaker@berkeley.edu).

## Communication and Promotions

- Communicate with employees via department methods to publicize Health Improvement Programs in coordination with Health\*Matters.
- Post and distribute publicity announcement for Know Your Numbers and WorkFIT to all faculty and staff a minimum of 3 weeks prior to the date of the workshop.
- Review, edit and distribute workshop flyer, including registration information.

## Logistics

### Know Your Numbers

- All publicity materials will be provided by Health\*Matters.
- Enrollment for workshops will be conducted through the UCB Learning Center and will be managed by Health\*Matters.
- Ensure the room is accessible between 6:30 a.m. – 6:45 a.m. on the day of the screening.
- Identify a contact person to communicate all logistics and issues specific to Know Your Numbers.

### WorkFIT

- Identify and reserve space to hold WorkFIT sessions on a weekly basis (either once, twice or three times per week).
- Identify possible funding sources for departments to subsidize trainer costs.
- Identify possible storage space for equipment (i.e. resistance bands, small hand weights, mats, medicine balls, etc.).
- Identify a contact person to serve at the site contact and communicate with WorkFIT coordinator regarding possible schedule and location changes as well as for employee concerns and issues.

