

# LIVING WELL

**HEALTH\*MATTERS** UCB Wellness Program for Faculty and Staff  
510.643.4646 | [uhs.berkeley.edu/healthmatters](http://uhs.berkeley.edu/healthmatters)



## Know Your Numbers Health Screening (\$10)

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

**Appointments offered every 15 minutes, 7:30 – 10:00 am**



## Living Well Series

The **Living Well Series** provides the educational foundation to a healthy lifestyle, conveniently offered to follow Know Your Numbers. Check out these online recorded webinars:

### Leading a Healthy Lifestyle

This 40-minute live webinar provides you with essential knowledge and practical tools to reduce your health risks and lead a healthy lifestyle. You will learn skills for setting SMART goals and making simple lifestyle changes with big impacts. This webinar is a good first step following the *Know Your Numbers* health screening.

### Sugar Savvy Workshop

Reduce your sugar intake and embrace Berkeley's mission to be the most sugar savvy university! Why? The average adult consumes about 20 teaspoons of added sugar each day, while it is recommended to be limited to 6-9 teaspoons. Although most of us are aware of the obvious sources, sugar hides within many foods and behind many different names. This workshop will help you understand the detrimental effects of sugar, and how to find it, eat less of it, and be sugar savvy!

### Nutrition Essentials for Healthy Living (BEUHS638)

Gain an understanding of the way foods you eat influence your body and the how this contributes to health and disease. This webinar will also give you practical tools for identifying healthier foods, building nutritious meals, and keeping portions in check.

## Know Your Numbers Testimonials

I find this program to be extremely beneficial given the information provided as part of one's health screening. This is an excellent program that all UCB staff should take advantage of and participate. It was great to learn more about what I could do improve my lifestyle to better my health and well-being.

I enjoyed Know Your Numbers because it was (a) affordable, particularly given the light breakfast provided and (b) informative about the health metrics we don't see every day (blood pressure, cholesterol, blood sugar), and (c) clear about how to interpret that information holistically.

**Learn more and register at**

**[uhs.berkeley.edu/healthmatters](http://uhs.berkeley.edu/healthmatters)**

(Select Schedule of Programs)

Health\*Matters is the wellness program for faculty and staff with campus partners including: Office of Environment, Health & Safety, Office of Human Resources: Benefits, Physical Education Program, Recreational Sports, and University Health Services: Care Services, Disability Management Services, Ergonomics@Work, Occupational Health Clinic, and Work/Life.

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