# Worksite Wellness at UC Berkeley

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

| Email and Web | Be Well at Work – Wellness Program *(formerly Health*Matters)* monthly newsletter  
Department Intranet |
<table>
<thead>
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<tbody>
<tr>
<td>Posters/Flyers</td>
<td>Specific Program Flyers, Active @ Work, Eat Well @ Work</td>
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<tr>
<td>Awareness Campaigns</td>
<td>I ♥ Tap Water; Take the Stairs signs, UC Walks: Cal Walks @ Work Day</td>
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<tr>
<td>Newsletters</td>
<td>UC Berkeley Wellness Letter, copies provided for posting</td>
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## Health Improvement Programs ~
Objective: Provide skills and tools to support healthy lifestyles.

<table>
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<tr>
<th>Health Assessment</th>
<th>Know Your Numbers Health Screening</th>
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| Educational Workshops | Eat Well @ Work  
First Steps into Functional Fitness  
Get Fit in 7 Minutes  
Nutrition Essentials for Healthy Living  
Sugar Savvy Presentation  |
| Behavior Change Support Programs | Healthy Lifestyle Programs (6-12 weeks)  
Be Well at Work – Wellness Program 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)  
Catering, restaurants and retail, vending  
UCB Guide to Healthy Meetings and Events & EWB Caterers  
Shopping lists for healthier, prepared food at popular stores  
Healthy Choices Poster  
Cook Well Berkeley; Eat Well @ Work; online resources  
I ♥ Tap Water  
Pitchers for meetings to promote drinking tap water, reduce waste  
Water cooler conversion guide  
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  |