

# POWER UP

An Employee Wellness Initiative

# Human Resources

## Physical Health Resources:

- [BCBSTX HealthSelect Resources](#)
  - Fitness Program
  - Self-management Courses
  - Wellness Coaching
  - Weight Management
    - Real Appeal (online classes)
    - Wondr (pre-recorded sessions)
- [Farmers Market](#)
- [Healthier Vending Options](#)



# Human Resources

## Physical Health Resources:

- [On-Campus Mobile Mammograms](#)
- [On Campus Flu/COVID/Shingles Shots](#)
- [On-Campus Preventive Health Check-ups \(NEW\)](#)
- [Campus Pharmacy](#)
- [Campus Smiles](#)
- [University Eye Institute](#)
- [UH Health Family Care Center](#)
- [State-of-the Art Blood Pressure Kiosk](#)



# Human Resources

## Physical Health Resources:

- [Campus Recreation & Wellness Center](#)
- [Outdoor Track and Functional Fitness Course](#)
- [Cougar Walking Paths](#)
- [The Houston Hess Corporate 5k](#)
- [#WALK30 Initiative](#)
- [\*\*Fitness Release Time and Wellness Leave\*\*](#)



# Human Resources

## Fitness Release Time (FRT):

### [Fitness Release Time and Wellness Leave Policy - MAPP 02.02.08](#)

The **FRT** portion of the policy allows eligible employees up to **thirty (30) minutes, three times per week**, to participate in physical fitness activities offered on the University of Houston campus.

To apply you must complete the **FRT Application** and **PAR-Q Form**.

Employees must be benefits-eligible, have been with the University for 3 months, and have their supervisor's approval to participate.

# Human Resources

## Wellness Leave:

### [Fitness Release Time and Wellness Leave Policy - MAPP 02.02.08](#)

The **Wellness Leave** portion of the policy allows eligible employees to receive 8 hours wellness leave once every calendar year. Leave may be used in one full day or two half days for whatever purpose best meets the needs of the employee.

To qualify, the employee must receive an **annual physical** (complete the affidavit) and complete an online **Health Assessment**. Employees must be benefits-eligible, have been with the University for 3 months, and obtain their supervisor's approval for when the day is to be taken.

## ***NEW*** Physical Health Resource:

### ■ **Virtual Health Check-ups**

- ❑ Must be enrolled in one of the BCBSTX HealthSelect plans with a PCP on file; must have medical card
- ❑ Must not have had a preventive screening in the last 12 months
- ❑ If you have a Kelsey-Seybold PCP on file with BDBSTX, you are not eligible to participate.



# Human Resources

**Virtual Health Check-ups include the following no-cost tests and services:**

- Total cholesterol
- High Density Lipids (HDL)
- Low Density Lipids (LDL)
- HDL Ratio
- Triglycerides
- Hemoglobin A1C
- Health screening questionnaires
- Blood pressure
- Abdominal circumference
- Body Mass Index (BMI)
- Height & Weight
- One-on-one video consult w/ a board-certified nurse practitioner scheduled at your convenience
- Access to a secure patient portal to view your comprehensive personal health report and action plan



# Human Resources

## Emotional/Mental Health Resources:

- CAPS: Let's Talk Program
- Office of Ombuds Services
- UH Wellness: Mindful Meditation
- UH Health Family Care Center Behavioral Health
- Employee Assistance Program (EAP)
- BCBSTX HealthSelect Mental Health Resources



# Human Resources

## Employee Assistance Program (EAP)

### 3 Free Counseling Sessions per Employee per Issue per Year

- ❖ System-wide
- ❖ Employees and their dependents
- ❖ Counseling and 24/7 crisis consultations
- ❖ Totally confidential
- ❖ Help from a wide network of licensed mental health clinicians
- ❖ ***No cost to you***



# Human Resources

## EAP Counseling Services

### **Counseling for All Types of Concerns:**

- Stress & Anxiety
- Depression
- Alcohol/Drug Problems
- Parenting & Family Concerns
- Couples, Relationship Issues
- Unexplained Irritability
- Grief or Bereavement
- Anger Management
- Change & Life Transitions
- Work Conflicts
- Communication Skills
- Loneliness & Isolation

# Human Resources

## Employee Assistance Program (Deer Oaks)

Additional resources are available including legal and financial resources, webinars, concierge services, referrals, newsletters and much more.

### Additional Information:

- [www.deeroakseap.com](http://www.deeroakseap.com)
- <http://www.uh.edu/human-resources/benefits/eap/>

### Contact:

- Call toll-free **1-888-993-7650**

# Human Resources

## BCBSTX HealthSelect Mental Health Services

**Visit** <https://healthselect.bcbstx.com/> for more information and to identify in-network providers for in-person or tele-health counseling.

- Blue Access for Members
  - Find a Provider directory
- or
- Contact a BCBSTX Personal Health Assistant by phone at **800 252-8039 (TTY:711)**

# Human Resources

## Blue Cross Blue Shield of Texas Mental Health Services



### Mental Health Services for HealthSelect and Consumer Directed HealthSelect Members

- ❖ Mental health Virtual Visits through **Doctor On Demand**<sup>®</sup> and **MDLIVE**<sup>®</sup> are covered at 100% if you are enrolled in BCBSTX HealthSelect of Texas<sup>®</sup>, HealthSelectSM Out-of-State or HealthSelectSM Secondary.
- ❖ If you are enrolled in Consumer Directed HealthSelect<sup>SM</sup>, you must meet your annual deductible and pay 20% coinsurance.

# Human Resources

Need Help?  
**Start Here**

**CoogsCARE**

At the University of Houston, we care about you. We believe in the strength of a community that cares for our fellow Coogs. We have a number of resources to support the mental health and overall wellness of yourself and the students you make an impact on.



EMPLOYEE



STUDENTS



Human Resources  
Division of Administration  
& Finance

UNIVERSITY of **HOUSTON**

# Human Resources

## Intellectual Health Resources:

- [MD Anderson Library Resources](#)
- [Human Resources Catalyst Training](#) and [Linkedin Courses](#)
- Abundance of on-campus trainings:
  - [Cougar Ally Training](#)
  - [QPR Suicide Prevention Training](#)
  - [Stop the Bleed Training](#)
  - [Mental Health First Aid Training](#)
  - [Active Shooter Training](#)
  - How to Help a Coog, CPR Training and more





# Human Resources

## Intellectual Health Resources:

- [Staff Tuition Scholarship Program](#)
- [Staff Council B. Renae Milton Students of Staff Scholarship](#)
- [Support Staff Council Rebecca Szwarc Professional Development Reimbursement](#)
- [Women & Gender Resource Center Advisory Committee Scholarships](#)
- [Children's Learning Center Work Force Solutions Tuition assistance](#)



# Human Resources

## Occupational Health Resources:

- [Alternative Work Arrangements \(AWA\)](#)
- [POWER UP, EAP, Ombuds Services](#)
- [Catalyst Trainings](#)
- [Linkedin Courses](#)
- A wide variety of trainings are available on campus



# Human Resources

## Financial Health Resources:

- [Retirement at Work: Supplemental Retirement Plans](#)
- [Retirement One-On-One Appointments](#)
- [TRS/ERS Retirement Workshops](#)
- Financial Wellness Sessions ([HR Benefits](#))
- [TDECU Onsite](#)
- [Discount Programs](#)
  - [PerkSpot](#)
  - Savings Center ([Deer Oaks EAP](#))
  - [Corporate Shopping Company](#)



# Human Resources

## Financial Health Resources:

### [BCBSTX HealthSelect](#)

- [HealthSelect ShoppERS](#)
- [Blue365deals](#)
- [Discount Purchase Program](#)
- [Blue Points](#)



## Spiritual Health Resources:

- [A.D. Bruce Religion Center](#)
  - Meditation
  - Yoga and more
- [UH Wellness Mindful Meditation](#)



# Human Resources

## Social Health Resources:

- Annual [Faculty Senate/Staff Council](#) Tailgate and Football Game, Annual Corp. 5k
- Social and volunteer opportunities via [Staff Council](#), [Black Leadership Network](#) and many other campus organizations
- [Toastmasters](#) and other groups
- HR Wellness and Benefits Fair ([HR Benefits](#))
- HR President's Staff Excellence Awards ([HR Benefits](#))



# Human Resources

## Environmental Health Resources:

- [Office of Sustainability Programs](#)
- [UH Environmental Health and Safety](#)
  - [Occupational Health](#)
  - [Environmental Health](#)
  - [EHS Trainings](#)



## **POWER UP**

### **“Healthier U” Wellness Calendar**

Visit: [www.uh.edu/POWERUP](http://www.uh.edu/POWERUP)

Contact: [POWERUP@uh.edu](mailto:POWERUP@uh.edu)



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