Employee Wellness
Welcome to Employee Wellness

Established in 2000, Employee Wellness is a service to assist faculty and staff with achieving their wellness goals.

Over the past 23 years, Employee Wellness has grown to provide employees with access to health screenings, group exercise classes, health education classes, support groups, and financial incentive programs. Some of these services are also available to spouses covered under a WSU PEHP medical insurance plan.
Checking In At Annex 29

Beginning Fall Semester, anyone entering the Employee Wellness office or participating in an online class will need to check-in. You may do this using the provided iPad or your smartphone. You will need to log into the eWeber portal to complete this check-in process.

Community Garden Under Way

Employee Wellness and the Sustainability department are teaming up to bring the Community Garden to Annex 29. Irrigation has been installed and sod will be laid soon. New raised beds will be added next spring. Be sure to stop by often and enjoy these upgrades.

Coming This Fall- Reserve A Room

Are you looking for a quiet, private space to exercise or meditate? Annex 29 will be able to provide these spaces in coming months. You could schedule time in the Exercise on Demand room, where exercise equipment will be provided. You only need to bring yourself and possibly a friend. Or, schedule time in our Meditation Room and clear your mind. This room will include a comfortable chair, yoga mat, and other relaxation tools.
Semester Focus: Coping with Stress

The fall season brings many beloved and treasured holidays. Unfortunately, these holidays can also highlight stress-inducing factors such as family gatherings and financial obligations. These factors may be compounded by the limited number daylight hours. Learning various stress-coping techniques can help by:

- Providing you with the necessary tools to manage your emotions and improve relationships with others.
- Improving focus, creativity, and productivity.
- Reducing your chances of getting sick due to a low immune system.

Over the next few weeks, take time to yourself to work on your stress-coping skills. Employee Wellness will provide presentations, workshops, and challenges that will put you back in control of stressful situations.
WELLNESS IN 30

Health Presentations

Employee Wellness Account
www.wellsteps.com/ws

Presentations are uploaded on a monthly basis to your Employee Wellness Account.

Developing Resiliency October

Resiliency is a tool that better equips you to bounce back from problems, and stay mentally and emotionally healthy. View this throw-back presentations and learn new ways to persevere through your daily challenges.

Managing Burnout November

Are you seeking a better understanding of burnout and how to proactively manage it? Don't let burnout control your life. Empower yourself with the knowledge and tools needed to navigate the challenges of burnout while cultivating a resilient and thriving lifestyle.

Seasonal Affect Depression December

Gain insights into Seasonal Affective Disorder (SAD) in our workshop. Learn to identify its symptoms, develop coping strategies, and create a self-care routine to combat seasonal mood changes. Join us to navigate this seasonal challenge.
WELLNESS IN ACTION

Workshops

Employee Wellness Account

www.wellsteps.com/ws-company-calendar

Learn how to incorporate healthy habits into your daily routine.

Stress Coping Techniques

Thursdays, October 12 - 26 (in-person)
Tuesdays, November 7 -21 (Zoom)

Looking for new ways to deal with stress? Explore different stress coping techniques during this three-part workshop. Discover effective strategies to manage stress, build resilience, and establish healthy routines. Join Employee Wellness and take control of your well-being.

Please plan to attend all three classes for the section you choose.
CHALLENGES

1-Week Challenges and Campaigns

Employee Wellness Account

[www.wellsteps.com/wsu](http://www.wellsteps.com/wsu)

Join a group challenge or engage in individual growth.

**Financial Fitness**

October 2 - November 12

During this six-week campaign, participants will have the opportunity to assess personal finances, track spending, then apply simple strategies to help reduce spending, increase savings, and reduce debt.

Check your Employee Wellness Account each week as new techniques will be added to the Campaign tab.
Support Groups

The Body Project

Employee Wellness Account

www.wellsteps.com/ws-company-calendar

Thursdays, October 12 - November 16

In-Person Attendance Only

The Body Project is a body acceptance program to empower women to engage in body acceptance and promote a positive body image.

The Body Project is a six-week program consisting of one, 45-minute weekly meeting each week. During meetings, participants will engage in a series of verbal, written, and behavioral exercises in which they consider the negative effects of pursuing the thin-ideal. All participants are expected willingly contribute during each meeting.
Healthy For Life

Cooking Demonstrations

Employee Wellness Account
www.wellsteps.com/wellsteps-company-calendar

Fridays, September 29 - December 1

In-Person Attendance

Learning how to cook meals can help you to save money, provide a creative outlet, foster socializing between friends and family, and can improve your overall health.

Grocery Shopping:
- Smart Fearless Shopper
- Pantry Makeover
- Food Label Smarts
- Weekly Meal Plan Made Easy
- The Power of Plant-Based Eating
- How to Avoid the Big 8 Food Allergens
- Appealing Desserts

All participants will receive a reusable meal container that should be brought to each session.
Personal Training

Request On Website:
https://weber.edu/employeewellness/personal_training.html

Various Days and Times

In Person Attendance

Personal Training is back! Employee Wellness will provide on-site personal training to help with your fitness needs.

Training sessions will be offered over the course of 6-weeks. You will meet with our trainer either once or twice a week.

As we are in the process of redesigning our Personal Training program, our trainer will be experimenting with different formats and will attempt to accommodate all participant needs. You are encouraged to provide constructive feedback during and at the end of your sessions that will allow this program to flourish.
Wellness Coaching

Request On Website:
https://weber.edu/employeewellness/wellness_coaching.html

Various Days and Times

Hybrid Attendance

Wellness coaching can help those seeking ways to improve their overall well-being. A wellness coach provides support, guidance, and accountability as you make changes to your lifestyle.

During your session, your wellness coach will help you to identify your strengths, set realistic goals, develop an action plan, and track your progress. While the coach is here to facilitate conversation, it is ultimately the client who is responsible for taking action and making changes. Coaching can be beneficial for those who are overwhelmed or feel stuck when it comes to developing healthy behaviors.
Fitness Classes

Gym Orientations

Employee Wellness Account
WWW.WELLSTEPS.COM/WS-COMPANY-CALENDAR
Fridays in October and November
In Person Attendance

Gym Orientations will help you become more acquainted with the gym equipment located in the Wildcat Arena. Register for the classes that seem most pertinent to you. Classes will include cardio machines, strength machines, and flexibility and core. The final class in this series will assist you with designing your personal exercise program.

Cardio & Fitness Assessment: Learn how to use the cardio equipment and complete a fitness assessment.

Machine Weights: The weight machines located on the north half of the Wildcat Arena were replaced in 2020. Attend this orientation to familiarize yourself with the new equipment.

Flexibility & Core: Improve your flexibility and learn what equipment can be used to strengthen your core muscles.

Program Development: Take what you have learned in the above three classes and develop an exercise program that meets your needs.*

*While you may attend classes in any order, it is highly recommended that you complete Cardio & Fitness Assessment, Machine Weights, and Flexibility and Core for enrolling in Program Development.
Wellness Pays

Two Ways To Earn

Employee Wellness provides two financial incentive programs: Wellness Pays Rewards and Wellness Pays Bonus.

The Rewards program provides extra incentives for those participating in healthy behaviors. The Bonus program provides an incentive for meeting or improving personal health metrics.

Both programs are voluntary. Learn more about Wellness Pays at https://weber.edu/employeewellness/wellnesspays.html

Rewards Program

This program is available to all benefits-eligible employees and spouses.

Earn rewards points by participating in regular preventive care, being physically active, and engaging in other healthy behaviors.

Rewards points can be cashed in for up to $200 per calendar year. Spouses can earn various non-cash prizes.
Bonus Program

Participants covered under a WSU PEHP policy will receive a one-time $300 bonus once they complete the following required steps. This bonus is available annually.

Easy as 1-2-3

1. Personal Health Assessment
2. Blood Lipid Screening or TLC Program
3. Health Improvement Activity
4. Earn $300

Spouses can also complete the same procedure and receive an additional $300 bonus annually.
EMPLOYEE WELLNESS TEAM

Rosanna Johnson  
Employee Wellness and Benefits Manager

Katie Burrup  
Employee Wellness and Benefits Specialist

Tami Clark  
Personal Trainer

Emily Schlosser  
Technician

Alexandra Kvallek  
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MISSION STATEMENT

Enhancing the health and well-being of employees, spouses, and retirees through comprehensive health assessment, education and intervention strategies.