

Spring 2023

Employee Wellness



WEBER STATE UNIVERSITY
Human Resources



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.



What's New For 2023

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A Fresh Location

Employee Wellness is moving! We are excited to move to a new space that will provide a dedicated classroom, a private personal training studio, group exercise on-demand, a meditation/quiet space, and much more. Starting March 13, Employee Wellness will be operating out of Annex 29 located at 3650 Taylor Ave.



Wellness Platform Revamp

The Employee Wellness online platform was updated on January 1. This new look has proven to be more user-friendly. You will still be able to access the Rewards Program, Bonus Program, Challenges, and MyTracker from the ease of your computer or phone. You can learn more about these changes by completing the Employee Wellness 101 course on Bridge:

<https://weber.bridgeapp.com/learner/courses/d97589ca/enroll>



Date Changes

Submissions for both the Rewards Program and Bonus program will be due on December 22, 2023. Moving the date will allow ample time to process payroll requests. The Employee Wellness program will reset on January 1, 2024.

Wellness Pays

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Two Ways To Earn

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

The Rewards program provides extra incentives to participate 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/employeeewellness/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.

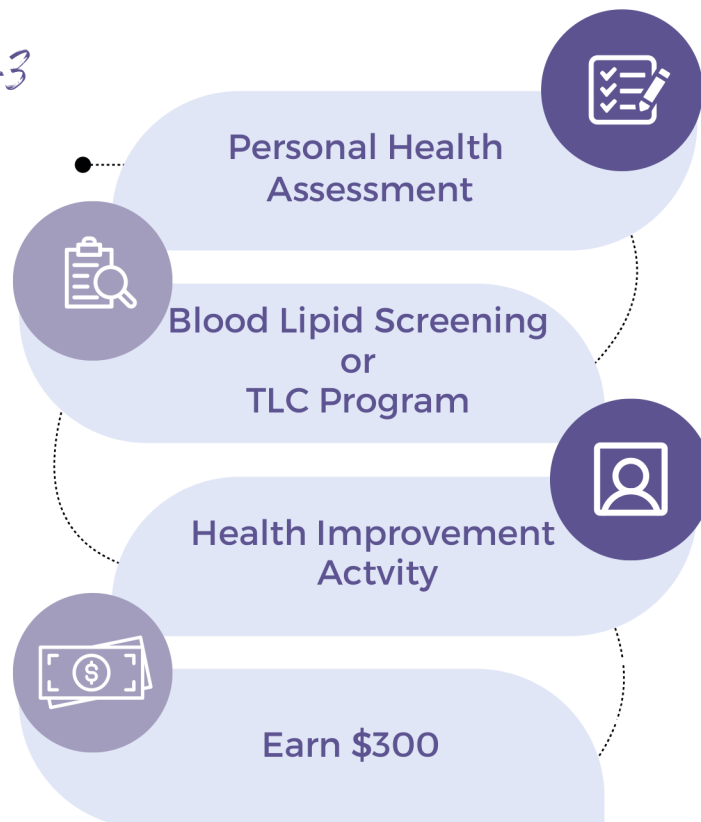
Rewards points can be cashed in for up to \$200 per calendar year. Spouses can earn various non-cash prizes.



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



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




Semester Focus: Sleep



You spoke, and we listened! Catching better ZZZ's was a top priority for those who completed our 2023 Needs Assessment. Many of you made the connection of how our waking day affects our quality of sleep.

This semester, let's focus on how to set up your environment to promote better sleep, how to calm your mind before hitting the hay, and how to return to sleep quickly.

Join Employee Wellness as we read, talk, and workshop towards better sleep. Please note the registration instructions listed for the programs listed in this guide as many require pre-registration through Training Tracker.



WELLNESS IN 30

Health Presentations

Employee Wellness Account

www.wellsteps.com/wsu

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

Preparing for Sleep

February

We may spend a third of our life sleeping, but how much of that is actually quality sleep? Focusing on the small habits we have before bed can help us feel more rested and ready for the next day.

Falling Back to Sleep

March

It's never fun to wake up during the night, and even worse when falling back asleep seems impossible. Come learn tips and tricks that can help prevent sleep interruptions and make the process of getting back to sleep easier and quicker.

Daytime Routine for Better Sleep

April

The key to sleeping better at night starts with a daytime routine. Choosing which daily activities and habits to participate in can have a great impact on the length and quality of sleep at night.



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WELLNESS IN ACTION

Workshops

Register on Training Tracker #810-17

In-Person Attendance Preferred

(Zoom Upon Request)

Learn how to incorporate healthy habits into your daily routine.

Better Sleep

March

When was the last time you tracked your sleep? If you have in the past, what did you do with that information? During this three-part workshop, learn how to track your sleep, implement sleep training, and learn useful techniques to help you sleep better.

Goal Setting

April

Setting goals can be easy but following through on those goals until you succeed can be challenging. Over the course of this three-part workshop, you will learn how to determine your goals, envision your success, track your progress, and treat yourself.

CHALLENGES

2-Week Challenges and Campaigns

Employee Wellness Account

www.wellsteps.com/wsuv

Join a group challenge or engage in individual growth.

Track Your Sleep

February 20 and April 17

Participate in a 2-Week Challenge to track your sleep.

One challenge will be launched at the beginning of our sleep initiative and one at the end of the semester. Apply what you learn during this semester and see if your sleep improves.

****Register on Training Tracker
#810-05 to be added to a
group challenge!****

Mindful For You

March 13

Log into your Employee Wellness Account weekly to receive tips to become more mindful. Tips will include deep breathing exercises, practicing gratitude, walking, and working on social connections.



Healthy For Life

Cooking Demonstrations



Register on Training Tracker: #810-18

Fridays, March 17 - April 21

In-Person Attendance Only

Enhance your cooking skills during this six-session course.

During each session, participants will work in teams to follow a recipe and make a dish. All participants will receive a reusable meal container that should be brought back to each session.

Creating a Healthy Plate:

- Pick a Protein
- Whole Grain Hacks
- Added Sugar is Not So Sweet
- Rethink Your Drink
- Snack Smarter
- Tasty, Affordable Meals for Busy Families



Overbooked!

Book Club



Register on Training Tracker: #810-19

Various Days, February 13 - April 14

Online Attendance, \$10 Fee

Why We Sleep: Unlocking the Power of Sleep and Dreams

"Do you think you got enough sleep this past week? Can you recall the last time you woke up without an alarm clock feeling refreshed, not needing caffeine? If the answer to either of these questions is "no", you are not alone."

This class will meet four times during the spring semester. Participants are invited to read the assigned chapters prior to attending the meetings for more meaningful discussion.

The \$10 fee will cover the cost of the book and can be paid through the [Employee Wellness eStore](#).

Support Groups

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Weight Management Support Group

Register on Training Tracker: #810-06

Thursdays, February 13 - April 14

Online Attendance

Join others on campus who would like to learn more about gaining weight, losing weight, or maintaining weight. This group will meet once a week and will discuss various ways to incorporate healthy eating and exercise habits, stress management techniques, and sleep hygiene.

Come prepared to contribute as this will be an informal support/discussion group with topics facilitated.



The Body Project

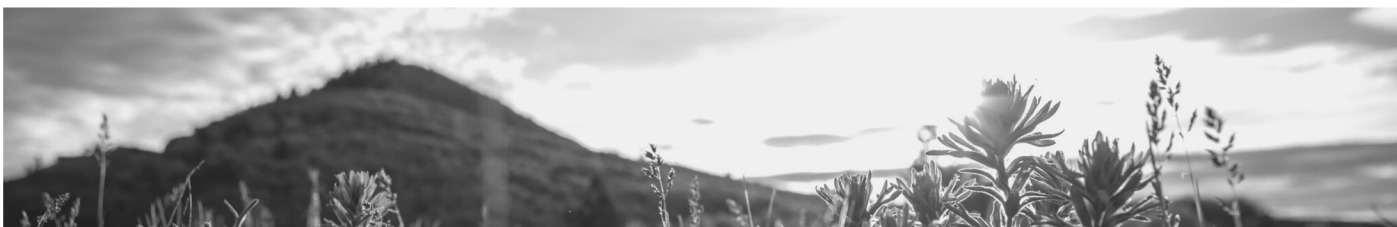
Register on Training Tracker: #810-20

Thursdays, February 13 - April 14

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.



Vendor Presentations

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Blomquist Hale

Habitual Thinking and Sleep

Register on Training Tracker: #800-40

March 15 & April 26

In-Person and Zoom

How do you quiet the chatter in your mind before falling asleep? Letting thoughts of the day go is the key to great sleep. Learn how to apply Cognitive-Behavioral approaches to improve your sleep.

PEHP Wellness

Qualities and Traits of Resilient People

Register on Training Tracker: #800-45

April 6

In-Person and Zoom

We could all use a little more resilience to better cope with the ups and downs of life. Fortunately, decades of research has revealed ways we can become more resilient – with a little practice!



EMPLOYEE WELLNESS TEAM

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Raeanna Johnson
Employee Wellness and Benefits
Manager



Katie Burrup
Employee Wellness and Benefits
Specialist



Taylor Schlosser
Employee Wellness Technician



Cassidy Powell
Health Promotion Intern



Kamryn Eden
Nutrition Intern



MISSION STATEMENT

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



3650 Taylor Ave.



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www.weber.edu/employeeewellness