

liveWELL™

June 2020 Wellness Updates



Campus Wellness Scavenger Hunt



The 2020 Campus Wellness Scavenger Hunt is a ten destination, self-paced activity that you can complete by visiting each location physically or virtually. Participate in this fun annual event where you can learn about University of Iowa art installations and appreciate their beauty.

Register through [Self Service, My liveWELL Portal](#).

Lifestyles: Diabetes Prevention Program

liveWELL will be starting a new cohort in August for the [Diabetes Prevention Program](#) from the CDC. As a participant you get a full year of support and learn how to eat healthy, add physical activity to your routine, manage stress, stay motivated, and solve problems that can get in the way of your goals.



Must attend an info session, being offered in June and July. Register through [Self Service, My Training, Course # 1001](#).

Corridor Corporate Games - #SeizeTheCup

The University of Iowa will be participating in the Corridor Corporate Games in fun competition and well-being activities. Register [here](#) and use company code "CCGUOFI". Includes **free registration** for [Live Healthy Iowa Burst Your Thirst Summer Challenge](#).

Get the details and subsidy code at <https://hr.uiowa.edu/well-being/livewell/corridor-corporate-games>.

Health and Well-Being Resources

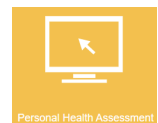
Check out the [University Human Resources](#) website for health and well-being resources, including:

- [Resources for Self-Care](#).
- [Working, Learning and Leading Remotely](#).

Take Your 2020 Personal Health Assessment (PHA)

Take 10 minutes to complete your 2020 PHA in My liveWELL portal in Self Service, Benefits & Wellness to receive:

- A tailored feedback report and **earn 100 liveWELL points**.
- Entry in a **monthly drawing for \$250** (two winners every month).
- Eligibility for Recreation Membership Incentive (50% off discount).
- Free health coaching to work on areas you want to improve related to your well-being.



liveWELL Mission - to inspire a culture of well-being and campus excellence, providing employees with the opportunity to thrive.



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Employee Well-Being Website

<https://hr.uiowa.edu/employee-well-being>