

JUNE 2021

## Summer Campus Wellness Scavenger Hunt

The [2021 Campus Wellness Scavenger Hunt](#) is a ten-destination, self-paced activity that will run all summer (June 1 – August 31). You can participate by visiting (physically or virtually) various art treasures on our campus. **Register now** in [Self Service/Benefits & Wellness/LiveWell/my liveWELL Portal](#) to earn liveWELL Wellness Points.



## Register\* for CDC Diabetes Prevention Program

New groups begin in late July in the [liveWELL Lifestyles Diabetes Prevention Program](#) (a research-based program from the CDC). **Register\*** now to attend a 30-minute info session in June or July – and watch videos at the [liveWELL](#) website to learn more and hear success stories from current participants.

\*Register for liveWELL Diabetes Prevention Program Info session in [Self Service, My Career, My Training](#).

## Well-Being for Return to Campus - Wellness Grants

One of the ways that The University of Iowa supports and promotes a culture that supports health and well-being is through a Wellness Grant. Help your work group flourish by applying for a wellness grant to promote physical, mental, and emotional well-being. Learn more at the [liveWELL website](#) about what type of activities are funded and how your department can apply for a Wellness Grant.

## On Demand Videos – Take a “Wellness” Minute

Visit the [liveWELL Video Resources website](#) for on-demand videos, including the latest “Healthy Meals in 20 Minutes or Less.” Topics cover healthy meal planning, plant-based eating, mindfulness, meditation, resilience, emotional well-being, and physical activity. Use these video resources as a “wellness” minute for yourself or on the agenda at a team or department meeting.

## Take Your 2021 Personal Health Assessment

Take 10 minutes to complete your 2021 PHA in [My liveWELL Portal](#) in Self-Service, Benefits & Wellness. **You'll receive:**

- A tailored feedback report and **100 liveWELL points** (to spend in the [Wellness Store](#)).
- Entry in a **monthly drawing for \$250** (two winners every month).
- Eligibility for the [Recreational Membership Incentive Program](#) and other health/wellness classes
- **Free health coaching** to work on areas you want to improve related to your well-being.



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