

Faculty Wellbeing Whole Person Health Resources

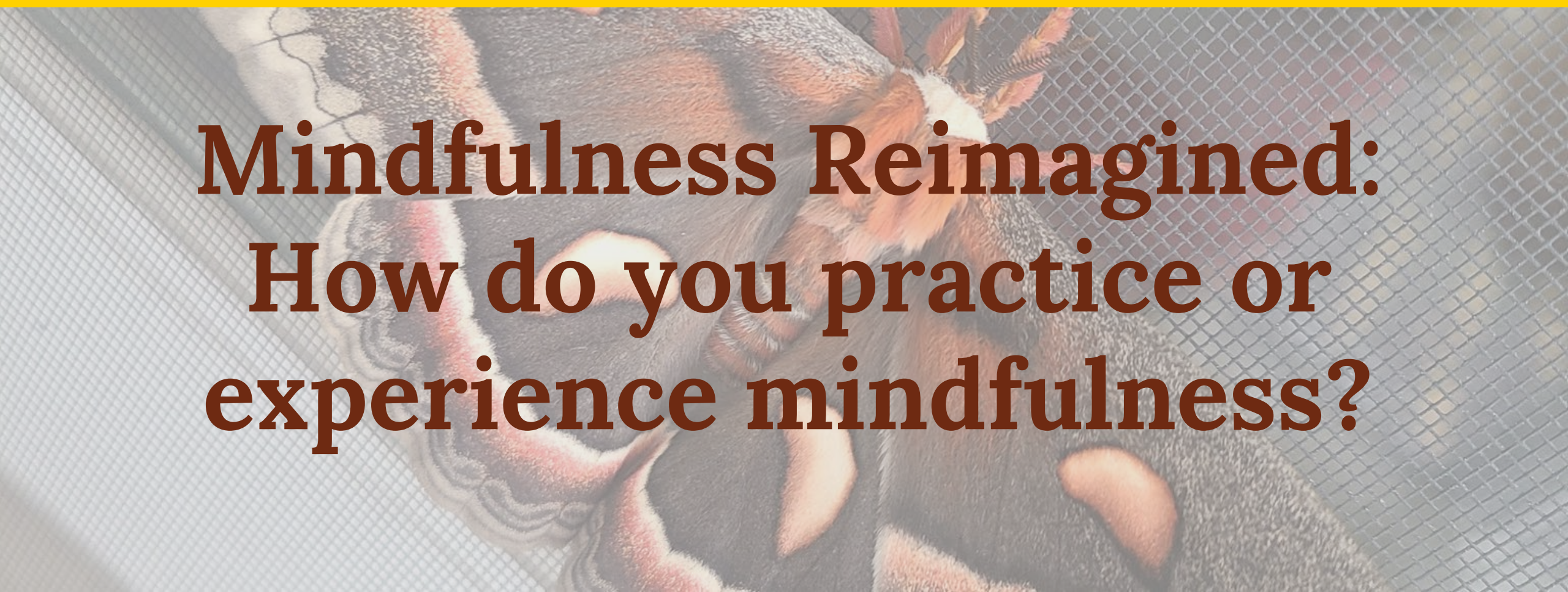
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Opening Wellness Activity

Emotional Charades and Partner share



**Mindfulness Reimagined:
How do you practice or
experience mindfulness?**

Who is UVM Employee Wellness?

Cara Hancy – Manager & **Melisa Oliva** – Health and Wellness Coach

The Osher Center for Integrative Health – 184 S. Prospect, Planetary Health, Clinical, Research, & Education (CNHS & PACE), and Affiliate opportunity!

Blue Cross Blue Shield of Vermont – our operational budget & consultant

Employee Wellness Advisory Council – Guidance & Legacy

Employee Wellness Ambassadors – employee connection in units & departments

Events – UVM Calendar – [Events.uvm.edu](https://events.uvm.edu)



Osher Center
for Integrative Health



THE UNIVERSITY OF VERMONT
EMPLOYEE WELLNESS

Osher Affiliates

Who We Are

Providers, educators, researchers, and leaders working across disciplines at UVM and UVM Health Network who meaningfully contribute to realizing an equitable, whole-person approach to healthcare for individuals, communities, and our planet.



Affiliate Hub

Application, resources, tools, and support for our community advancing integrative health: uvm.edu/osher/affiliate-hub

Advancing Whole Health Through Innovative Research

NEW Grants (up to \$25,000 each)

uvm.edu/osher/affiliate-hub/grants



Wellness Resource

Wellness Wheel Self Assessment



Health and Wellness Coaching – Personal & Group (ECC)

A personalized integrative client centered approach to thrive and address sustainable behavior change, Free service for all employees

- Book A Discovery Session for Personalized Coaching
- Select a package of engagement after meeting with a coach

AND/OR

- Sign up for the Employee Coaching Connection
- Begins 9/1 – 9/12 for Intake Session, 9/16 First Group
- 5 Group Sessions & 5 Individual Sessions

Learn More

- Explore Summer newsletter – [Waves of Wellness](#)

Wellness Resource

Digital Tools & More

Be Well Vermont – powered by Personify Health

A powerful digital wellness platform to support all UVM Employees' physical, emotional, financial, and mental wellbeing.

- Sign up
- Take the Health Assessment
- Synch your wearables
- Join current healthy habits
- Explore Journeys, input health appointments, set preferences
- Start a healthy habit challenge for your colleagues!
- Earn Points toward an end of year Incentive



Employee Assistance Program –

A Vermont based program offering counseling and wellbeing resources to employees and household members.

Mental Health, Financial, Legal Support

Call: 1-866-660-9533 24/7

Schedule: [Online Scheduler Link](#)

Online Resources: Create an account, organizational password 'UVM'
www.investeap.org



Wellness Resource

On Campus



[UVM Campus Recreation](#)

Free Facility Access

30% off: Group Fitness, Cat Fit, & Personal Training (**EW30**)

Free Pickleball Employee League



[Epic Wellness](#)

On-Campus Chiropractic Care

Alternating:

Tuesdays in Stafford & Osher

Thursdays in Waterman & Davis

Closing Wellness Activity

Partner Share

How will you Prioritize &
Role Model your
wellbeing this semester?

