Health and wellness benefits provided by:

The University of Vermont

**MUSCULOSKELETAL CONDITIONS**

Disorders or injuries that affect how we move, from joint and back problems to connective tissue diseases

2 in 5 of UVM’s population had a musculoskeletal diagnosis (MSD) in 2017

**2018 Wellness Initiatives**

- Employee Incentive program
- Free Employee Fitness Classes
- Lunch & Learns
- Stretching program

Pain from MSDs has far reaching effects like increased absenteeism at work.

Series to help you know and understands your benefits to support your wellbeing such as: nutritional counseling, telemedicine, chronic care support and much, much more – stay tuned!

**HEALTHY BEHAVIORS WORK**

Utilize Employee Wellness opportunities to get moving and improve your musculoskeletal health.

Focus on physical activity
3+ times per week

8 hours of sleep always or most of the time

For more information about the wellness program at UVM and how we can support you, please visit:

www.uvm.edu hrs/wellness

Health and wellness benefits provided by:

BlueCross BlueShield of Vermont

An Independent Licensee of the Blue Cross and Blue Shield Association.

Blue Cross and Blue Shield of Vermont Claims Analysis: January 2018