



THE UNIVERSITY OF VERMONT  
**EMPLOYEE WELLNESS**  
A CULTURE OF HEALTH

NEW PROGRAMS!



■ WELL CHECKS

The UVM Employee Well Check includes screenings for blood pressure, cholesterol, blood glucose, body composition, hydration and metabolism. The 15-minute onsite Well Check is followed by a virtual meeting with a registered dietitian to review your results and discuss next steps. UVM Employee Well Checks are free for UVM employees (registration is required).



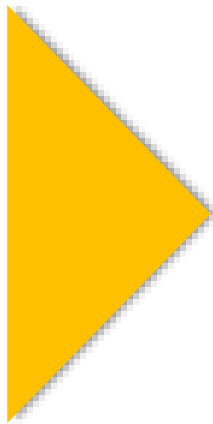
■ HEADSPACE MEMBERSHIPS

Headspace is a global leader in mindfulness and meditation through its app and online content offerings. Headspace offers hundreds of guided exercises for meditation, sleep, focus, and movement to help you start and end your days feeling like your best self. Headspace is free for UVM employees (membership registration is required).



■ OPEN SOURCE WELLNESS PROGRAM

UVM Integrative Health offers a group lifestyle-coaching program: physical activity, nutritious food, stress reduction, and social support. Participants work together, under the guidance of an integrative health coach, to create sustained changes in their physical, psychological, and social wellbeing that motivate lasting change for a healthier you!(Registration is required)



VISIT [WWW.UVM.EDU/HRS/WELLNESS](http://WWW.UVM.EDU/HRS/WELLNESS)  
FOR MORE DETAILS AND HOW TO REGISTER!

# RETURNING PROGRAMS!



## ■ VIRTUAL HEALTHYCARE™ 90 DAY PROGRAM

A comprehensive wellness program designed to enrich your life and health. Guided by a Nationally Certified Health Coach, over the course of 13 weeks, you will learn the fundamental aspects of fitness, nutrition, stress management, and behavior modification.

## ■ VIRTUAL FOOD & MOOD PROGRAM

Get the support you need to improve your mental health and well-being through nutrition. This program includes 8 weekly group educational sessions along with three 1-on-1 tele-nutrition sessions.

## ■ NEXT STEP DIABETES

Join the EDGE for a comprehensive 8-week program focusing on the positive impact of nutrition and exercise to improve Type II Diabetes through the support of peers, a Registered Dietitian, and an exercise specialist. A free 8 week EDGE membership is included.

## ■ VIRTUAL LUNCH & LEARNS

Join the EDGE Preventative Care team on the 3<sup>rd</sup> Thursday of every month from 12-1 pm for engaging wellness webinars on topics focusing on nutrition, self-care, stress management, exercise, health habits, and more!

## ■ FREE CAMPUS RECREATION GYM MEMBERSHIP AND FITNESS CLASSES

In addition to the gym, Employee Wellness sponsors several free employee classes. Classes vary in time and type from semester to semester (onsite/remote classes).

## ■ INDIVIDUAL HEALTH COACHING

Work 1-1 with an integrative health and wellness coach trainee to find strategies for improving your physical fitness, nutrition, mind-body health, relationships, sleep, work-life balance or personal development. Free health coaching is provided by UVM students preparing to sit for the National Board Coaching certification exam.

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