



## Health & Well-Being Resources for Campus Faculty & Staff

MHealthy is a University-wide effort to support your health and well-being. This multi-faceted program provides resources specifically designed to help you achieve a safer, healthier and more satisfying work and personal life. Our goal is to establish the University as a model community of health where people thrive. More information about all the MHealthy programs and services outlined below can be found at [mhealthy.umich.edu](http://mhealthy.umich.edu).

### **PHYSICAL ACTIVITY**

A wide variety of physical activity programs and services are available to help you get active and stay active, including: Active U, MHealthy's annual physical activity challenge; "Ask the Personal Trainer," an email resource that answers exercise and fitness questions; exercise and relaxation classes; personal fitness consultations; personal training; fitness center and equipment discounts; an online physical activity tracker; and more. Visit the MHealthy Web site or call 734-975-3024 for more information.

### **NUTRITION & WEIGHT MANAGEMENT**

Eating well and maintaining a healthy weight are important parts of a healthy lifestyle. MHealthy's nutrition program helps to increase access to healthier food choices through its GOOD CHOICE vending, dining, and catering programs. Look for the MHealthy logo in vending machines, cafeterias, University Catering menus and at participating restaurants. GOOD CHOICE also helps faculty and staff develop healthier eating habits by offering chef demonstrations, portion control and nutrition education and healthy recipes. MHealthy also offers weight management programs; departmental nutrition seminars; healthy cooking classes; nutrition coaching; Ask the Registered Dietitian, an email resource for answers to nutrition questions; and more. Visit the MHealthy Web site or call 734-975-3024 for more information.

### **MENTAL & EMOTIONAL HEALTH**

MHealthy provides resources to help you manage the ups and downs of life. Understanding U, a comprehensive Web site accessible from [www.mhealthy.umich.edu](http://www.mhealthy.umich.edu), provides self-help tools, online screenings, resources and strategies for coping with stress, burnout, emotional issues and more. In addition, the Faculty and Staff Assistance Program (FASAP) offers free, confidential, short-term counseling on personal, emotional, family and work place issues; personalized coaching to assist with achieving professional or personal goals; grief counseling; and brown bag educational presentations. Contact FASAP at 734-936-8660 or email [fasap@umich.edu](mailto:fasap@umich.edu).

### **ERGONOMICS AWARENESS**

Ergonomics is the science of fitting the workplace and the work task(s) to the worker to prevent physical strains and injuries. The Ergonomics Awareness program presents annual ergonomic grants and awards to raise awareness and increase access to ergonomic resources. The MHealthy Web site provides self-help tools, including online tutorials, tips and printable posters. MHealthy partners with Occupational Safety and Environmental Health (OSEH) to offer preventive ergonomic consultations. Individual medical ergonomics services for faculty and staff under a physician's care for musculoskeletal discomfort are available through MHealthy with a physician referral. Fax referrals to 734-975-3011.

**MHEALTHY.UMICH.EDU**

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## **TOBACCO TREATMENT**

The Tobacco Consultation Service can help you free yourself from tobacco addiction. Both group and individual counseling programs are available. Participants also receive assistance with nicotine replacement therapy. Fees for these services are waived for U-M faculty and staff. Call 734-998-6222 for more information.

## **ALCOHOL MANAGEMENT**

Alcohol Management is a brief, confidential educational program that helps you eliminate drinking problems by reducing your drinking or stopping it altogether. In person or telephone counseling sessions are available. Fees for these services are waived for U-M faculty and staff. Call 734-998-2017 or 800-222-5145 for more information.

## **WELLNESS ASSESSMENTS**

The MHealthy Wellness Assessment is a free, voluntary and confidential health questionnaire and wellness screening. Screenings take place every other year and include blood pressure, cholesterol, glucose and other measures. Wellness assessments provide an opportunity for you to learn about your personal health, understand your potential health risks, and take action to prevent health problems before they occur. Visit the MHealthy Web site for more information.

## **U-M OCCUPATIONAL HEALTH SERVICES**

U-M Occupational Health Services (OHS) focuses on preventing and managing work-related injuries and illnesses for Ann Arbor and Health System faculty and staff. OHS' team of occupational medicine physicians and nurses also help identify the causes of work-related health issues and advise on prevention strategies. Occupational Health Services is located on the third floor of the Med Inn Building on the Medical Campus. Call 734-764-8021 for more information. After hours injuries and other urgent concerns are seen through the University Hospital Emergency Department.

## **DISEASE MANAGEMENT**

Disease management programs help individuals better manage chronic conditions. Visit the MHealthy Web site for more information as well as links to other disease management resources available through U-M health insurance carriers.

## **HEALTH EDUCATION**

The MHealthy Web site helps you be proactive in learning about your health. From the Web site you have access to the HealthWise Knowledgebase, a searchable database of medical information; HealthSense, a Web site that explores the trends, issues and challenges related to health care costs; health quizzes; screening tools; podcasts and vodcasts; and links to other health information resources. MHealthy also has a Health Education Resource Center, a full-service lending library located at the East Ann Arbor Health & Geriatric Center. Call 734-647-5645 for more information.

## **MHEALTHY PARTNERS**

The following programs work closely with MHealthy to achieve the goal of making the University a model community of health where people thrive:

- **Department of Recreational Sports (RecSports)** – Phone: 734-763-3084 | Web: [www.recports.umich.edu](http://www.recports.umich.edu)
- **WorkConnections** – Phone: 734-615-0643 | Web: [www.workconnections.umich.edu](http://www.workconnections.umich.edu)
- **Occupational Safety and Environmental Health** – Phone: 734-647-1143 | Web: [www.oseh.umich.edu](http://www.oseh.umich.edu)
- **Work/Life Resource Center** – Phone: 734-936-8677 | Web: [www.hr.umich.edu/worklife](http://www.hr.umich.edu/worklife)
- **U-M Human Resources** – Phone: 734-763-1284 | Web: [www.hr.umich.edu](http://www.hr.umich.edu)
- **U-M Office of Institutional Equity** – Phone: 734-763-0235 | Web: [www.hr.umich.edu/oie](http://www.hr.umich.edu/oie)