

ALCOHOL MANAGEMENT

This brief, confidential educational program helps you cut back on your drinking or quit altogether – you decide which is the right approach for you. No cost to U-M employees.

BACK CARE

This comprehensive website focuses on back care and taking control of back pain. You can access information, videos and resources covering how to take care of the back, manage pain, and build strength and flexibility.

U-M OCCUPATIONAL HEALTH SERVICES

This service provides prevention, diagnosis, treatment and rehabilitation services to U-M Health System and Ann Arbor campus faculty and staff for occupational illnesses and injuries. A wide range of services are offered including workplace injury evaluation and treatment, hazardous exposure care, workplace physicals, fitness for duty exams and physical therapy for all employees and new employee screenings, immunizations and vaccinations (including flu shots and TB screening), and respirator mask fitting for UMHS employees. All services are provided at no cost to employees.

MHEALTHY CHAMPIONS

Across the university, hundreds of faculty and staff volunteer their time and energy to help create a culture of health within their work areas. MHealthy Champions are enthusiastic about health and well-being, work with MHealthy to positively motivate others, and play a key role in tailoring programs to fit their areas' needs. Champions serve a two-year term.

ERGONOMICS AWARENESS

This program helps to optimize your comfort and productivity at work by offering self-help tools, design assistance, grants for ergonomic solutions, and employee and department awards for successful ergonomics at the worksite. Preventive ergonomic consultations are available to you through MHealthy's partnership with UMHC Safety Management Services (SMS) and Occupational Safety and Environmental Health (OSEH). If you are under a doctor's care for discomfort or a disability affecting work, MHealthy Medical Ergonomics provides individual consultations. All services are provided at no cost to employees.



Many of our programs and services are available to spouses and other qualified adults of university faculty and staff, UMHS patients and retirees. Please visit our website or call us for more information.

MHealthy.umich.edu | (734) 647-7888



U-M HEALTH AND WELL-BEING SERVICES

Resources Available to U-M Faculty and Staff

The University of Michigan has committed to being a model community of health where both the individual and the organization thrive. As U-M's workplace health and well-being program, MHealthy primarily serves more than 40,000 faculty and staff members on three campuses and many off-site locations. Many services are also available to spouses, other qualified adults, U-M Health System patients and retirees.

WE'RE HERE FOR YOU.

As a member of the U-M community, you have access to programs and services that can:

- Improve and maintain your health and well-being to help you be your best
- Reduce your likelihood of developing a chronic health condition
- Help you manage your health
- Contribute to a healthy workplace culture

WHY IS THIS IMPORTANT?

- Our U-M leadership recognizes that the most progressive and successful organizations value employee health as a key ingredient to individual and organizational success.
- Some of our faculty, staff and their families have health risks and conditions, which contribute to poor health and a lower quality of life, that can be improved.
- Because most of us spend significant hours at work, workplace health and wellness programs are a wonderful opportunity to support your health improvement goals so you can be at your very best.



CREATING A CULTURE OF HEALTH.

Since 2009, MHealthy and its partners throughout the university have worked to improve the health of the university community. Overall, health risk levels are trending down and we are seeing many examples of health promoting activities across our campuses.

These results could not have been accomplished without support from every level of leadership here at the university. In addition, our MHealthy Champions, faculty and staff who volunteer their time to encourage their co-workers to participate in health-promoting activities, have helped us create healthy workplace cultures at the work unit level.

MHEALTHY REWARDS

If you are a qualifying benefits-eligible faculty or staff member, this free, voluntary and confidential program rewards you for annually reviewing your health and then taking steps to improve or maintain it. Rewards includes completing a confidential health questionnaire, receiving a personalized report with helpful resources, setting a health goal and following through with healthy activities.



TOBACCO TREATMENT & SMOKE-FREE ENVIRONMENT

To provide a healthier environment, the university went smoke-free in 2011. If you want to stop using tobacco, a broad range of tobacco treatment options are available. Qualifying benefits-eligible faculty, staff and spouses/other qualified adults may also be eligible for the following:

- Free individual, online or telephonic tobacco treatment programs
- A variety of prescription and over the counter smoking cessation medications covered at zero co-pay for U-M drug plan members
- Incentives for completing a tobacco treatment program

"I joined the U-M smoking cessation program, which helped me a lot ... I won't sugar coat it, it took about 18 months before I felt OK. Old habits die hard, but they do die. I am very glad that my two boys will have a better chance of being non-smokers because we quit."

BRENDA, U-M Medical School

PHYSICAL ACTIVITY

ACTIVE U

Offered twice a year, this free physical activity challenge gets you moving and increasing your physical activity minutes. Join as an individual or as part of a team and track your physical activity online.

PERSONALIZED EXERCISE SESSION

During this free 45-minute, one-on-one appointment with a personal trainer, you will discuss your personal goals, set up an action plan and be given a brief exercise demonstration, based on your goals.

EXERCISE AND RELAXATION CLASSES

More than 100 exercise and relaxation classes, including yoga, Pilates, spinning, Zumba, strength training and everything in between are available to you through MHealthy and U-M Physical Medicine and Rehabilitation. New sessions start in January, May and September, with classes located at more than 26 locations across the Ann Arbor campus. A complete schedule of classes is available online. In Ann Arbor, classes are also available through Recreational Sports and U-Move.

FIT-SCRIPT

This supervised and personalized exercise program is available if you have a special health need, such as a chronic condition, post rehabilitation (cardiac or physical), or other health condition.

PERSONAL TRAINING

Get a fitness assessment, individualized exercise program and one-on-one support. All ages and fitness levels welcome, including people with health issues who need assistance to exercise safely. Group sessions also available.

WEIGHT MANAGEMENT

READY TO LOSE:

MHEALTHY WEIGHT LOSS PROGRAM

Weekly supportive and educational webinars will help you overcome the most common barriers people face when trying to lose weight. In addition, individuals are linked to a health coach and are encouraged to submit weights regularly to keep them on track with their goals. This free program will help you prepare for, and address, everyday challenges to weight loss, and share proven strategies you can use to make healthier choices.

"I have continued the lessons I learned in the Weight Management Program, still counting calories and eating a balanced diet with lots of whole grains, veggies, and fresh fruit. Since starting January 2011, I have lost 67 pounds and my blood pressure is great!"

BETSY, University Unions Recreation & SORC

WEIGHT WATCHERS

MHealthy continues to subsidize Weight Watchers to make it more affordable. As a faculty or staff member, you are eligible to participate for only \$72 per 12-week session, up to two times during a calendar year.

NUTRITION

NUTRITION CONSULTATION

This free 30-minute confidential consultation with an MHealthy dietitian provides you with individualized support to improve your eating habits.

HEALTHY COOKING CLASSES

Renowned culinary experts help you make meals tastier, healthier and easier than ever. Check the website for class dates and times.

VENDING, DINING AND CATERING PROGRAM

Look for the MHealthy logo in vending machines and on dining and catering menus throughout the

university to help you choose healthier foods that are better for your body.

HEALTHY EATING RESOURCES

Many healthy eating resources and programs are available throughout the year to help you and your family eat smarter, including delicious and satisfying healthy recipes, chef demonstrations, webinars, and seasonal produce events offering fresh locally grown fruits and vegetables.

MENTAL & EMOTIONAL HEALTH

Your mental and emotional health are an important part of your overall personal wellness. Every once in a while, we all need help managing the ups and downs of life. Programs and services are available for both individuals and work units.

U-M FACULTY AND STAFF ASSISTANCE PROGRAM (FASAP) AND UMHS EMPLOYEE ASSISTANCE PROGRAM (UMHS EAP)

To help you feel your best, the university offers professional counseling and consultation services that support you and your family with both personal and work-related concerns. These services are provided at no cost to you, are entirely confidential, and are available at many different times and locations. We are here to help you.

UMHS EAP (FOR HEALTH SYSTEM EMPLOYEES)

(734) 763-5409 | eap@umich.edu

U-M FASAP (FOR CAMPUS FACULTY AND STAFF)

(734) 936-8660 | TTY (734) 647-1388

fasap@umich.edu

MHEALTHY THRIVE!

This comprehensive stress management program offers classes, programs, and online resources to help you feel more energized, connected, and resilient, and to foster a positive workplace culture. Contact MHealthyThrive@umich.edu