



U-M HEALTH AND WELL-BEING SERVICES

Resources Available to U-M Dearborn 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 wellness 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
- Help control the long-term rate of health-related cost increases

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 that contribute not only to poor health and a lower quality of life, but also to higher health costs. Many of these conditions can be improved. The best research estimates indicate that 25-30 percent of these costs are avoidable.

- Because most of us spend significant hours at work, workplace wellness programs are a wonderful opportunity for you to impact how you feel so you can be at your very best.

"Faculty and staff who have been ongoing, active participants in MHealthy programs are on average healthier than they were in 2009. I am encouraged by the statistically significant improvements in many health risk areas over the past four years as well as the visible changes in U-M's culture of health."

TIM SLOTTOW, Executive Vice President and Chief Financial Officer

CREATING A CULTURE OF HEALTH.

Since 2009, MHealthy and its partners throughout the university have helped to improve the health of the university community. Overall, health risk levels are trending down and we are seeing improvements in reducing the number of U-M faculty and staff considered high risk in the areas of tobacco, alcohol, nutrition, stress, depression, physical inactivity, high blood pressure, high cholesterol and back pain.

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.



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MHEALTHY REWARDS

If you are a qualifying benefits-eligible faculty or staff member, participate in this free, voluntary and confidential program that helps you learn important information about your health and then take steps to improve or maintain it. Offered annually, Rewards includes completing a confidential health questionnaire to receive a personalized report and setting a health goal.

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 group, 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
- \$100 incentive 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

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. 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.

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.

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.

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.

"I've participated in Active U every year since its inception in 2007. I love the camaraderie of working toward a goal of minutes with co-workers as well as a little friendly competition. The tracker also keeps me honest and motivates me to find ways to fit activity into my daily routine."

GINNY ZARRAS, HR Director, U-M Dearborn.

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.

DEARBORN WELLNESS CENTER

Features include cardio equipment (treadmills, elliptical machines, free weights, weight machines and more), men's and women's locker rooms, racquetball courts, and a dance studio where fitness classes are held. Open to all current U-M Dearborn faculty, staff and students. For more information, visit <http://athletics.umdearborn.edu/index.php> or call 313-593-5671.

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.

MENTAL & EMOTIONAL HEALTH

U-M FACULTY AND STAFF ASSISTANCE PROGRAM (FASAP)

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 around the clock. We are here to help you.

U-M FASAP DEARBORN

fasap@umich.edu | (313) 593-5430

U-M FASAP ANN ARBOR

fasap@umich.edu | (734) 936-8660 | TTY (734) 647-1388

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

U-M OCCUPATIONAL HEALTH SERVICES

Midwest Health Center focuses on preventing and managing work-related injuries and illnesses for Dearborn faculty and staff. Midwest Health Center's team of occupational medicine physicians and nurses also help identify the causes of work-related health issues and advise on prevention strategies. Midwest Health Center is located at 9301 Middlebelt Road, Romulus, MI. Call 734-941-1000 for more information. After hours injuries and other urgent concerns are seen through Midwest Health Center, 5050 Schaefer, Dearborn, MI (313) 581-4316.

ERGONOMICS AWARENESS

This program helps to optimize your comfort and productivity at work by offering self-help tools, departmental design assistance, departmental grants, and employee and department recognition for successful application of ergonomics at the worksite. MHealthy partners with Public Safety & Environmental Health, which offers injury prevention ergonomic services. If you have musculoskeletal discomfort or encounter a disability issue, you have access to individual

medical ergonomics services through MHealthy, with a referral from your doctor. 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.



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

