



2022 MHealthy Annual Report

Highlights

In 2022, MHealthy, Mental Health Counseling and Consultation Services, Occupational Health Services and the Benefits Office continued to foster an environment that helps U-M faculty and staff be their best at work and at home.

Building on the work of MHealthy, Wolverine Wellness, the Michigan Medicine Wellness Office and others, U-M launched the Well-being Collective in fall 2022. This collaborative effort addresses university policies and systems that affect well-being and supports U-M's commitment to being a health-promoting university.

Contributed to National Workplace Well-Being Conversations

4

Published manuscripts focused on workplace well-being. One was selected by the American Journal of Health Promotion as one of its papers of the year. MHealthy leadership also presented at multiple national conferences and webinars.

Supported Essential Psychological Needs

16,000+

Interactions with faculty and staff for mental and emotional health services by the Faculty and Staff Counseling and Consultation Office and the Office of Counseling and Workplace Resilience.

Assisted Those Facing Financial Hardship and Food Insecurity

\$140,000

Awarded through the Emergency Hardship and Resource Coach Mini-Grant Programs.

“ *You've done more good for us than you can imagine. I know it's not much money to some people, but as I'm sure you know, just one runaway bill can have such a disastrous effect on everything else. Now we can breathe easier, let go of our fear, and focus on what matters. Thank you. You're fighting the good fight, one person at a time.*

- Resource Coach Client and Mini-Grant Recipient





Strengthened Community and Connection

706

Employees from all three campuses and Michigan Medicine served as Champions.

469

Managers and supervisors attended customized “Leaders Creating a Culture of Connection” workshops.

Promoted a Holistic Approach to Well-Being

9,700+

Unique users accessed wellness challenges, goal setting, the health questionnaire, courses and resources on the MHealthy Portal.

5,600+

Active U and Active U Autumn participants.

3,000+

Participants engaged in cooking classes, Nourish Your Whole Self, seminars and more.

78%

Reduction of weekly alcohol consumption reported by Alcohol Management Program clients at three-month follow-up.

Served Thousands Through Occupational Health

33,000+

Flu immunizations administered by Occupational Health Services, plus thousands of health assessments, COVID-19 vaccinations, medical surveillance visits, fit tests and clinic visits.

Created Lasting Improvements for Middle School Students

88,500+

Students have benefited from Project Healthy Schools (PHS) since 2004. PHS has demonstrated lasting improvements in health behavior and cardiovascular risk factors.

Supported Health and Well-Being Through Benefits

119,000+

Lives covered through U-M benefits. 90% of faculty and staff surveyed were satisfied with their benefits.



We are working across the entire university to build an ecosystem that helps students, faculty and staff thrive in their personal and professional lives.

- Dr. Robert Ernst, U-M Chief Health Officer



mhealthy.umich.edu

To help you be your best at work and at home, MHealthy supports U-M's philosophy that many factors impact your personal well-being.