



Health & Wellbeing



Health and Wellbeing programs are designed to provide tools, educational resources and services to help employees deal with challenges that may impact work performance, physical health and internal wellbeing. These programs offer opportunity to help the employee balance priorities and maintain optimum total health both at home and in the workplace.

Why It's Important

- Work in the educational environment can be physically and mentally demanding
- Psychological health and well-being matters, not only to support our students but also to ensure employees have the stamina and healthy mind to enjoy life outside of work.
- Research indicates an unhealthy work environment can result in:
 - 3 times increased risk of heart problems
 - 3 times increased risk of back pain
 - 5 times increased rate of cancers
 - 2-3 times increased risk of mental health problems
- Most people through lifestyle changes can improve the quality of their health

Program Details

1. **Employee Assistance Program** – a confidential and voluntary support service. You can receive support over the telephone, in person, online, and through a variety of issue-based health resources
2. **Health Promotion and Education** – online health seminars, workshops, and newsletters designed to provide ongoing education and awareness on a variety of health related issues
3. **Incentive Programs** – Participate in health campaigns and sign up for workplace health activities and earn rewards for achieving specific personal health goals
4. **Self-Assessment Tools** – using online tools assess how you manage your stress, relationships, fitness, weight and work/life balance