



YOUR **Life & Work Connections**



Life & Work
Connections



We're committed to the **physical health** and **total well-being** of University of Arizona employees – its most important resource.

When we support an employee's physical, mental, and social well-being, we live our core values of inclusion and compassion and strengthen our ability to succeed as an institution and as a community.

--Helena Rodrigues, Chief Human Resources Officer



MIND



BODY



YOU



SPIRIT



SOUL



Workshops, Trainings & Events

Strengthening Skills and Learning Together

Workshop Series & Training

- Preventing Disease
- Parenting children of all ages
- Support & Information for Caregivers
- QPR: Suicide Prevention Training



How to Participate | Online or In-Person

- **Register** for a pre-scheduled workshop
- **Request** a presentation for your group

Other Relevant Topics

- Budgeting, saving, and debt management
- Stress management, self-care, and resilience



Life & Work
Connections

Content On Your Time

Wellbeing Topics On-Demand

Take charge of your wellness, on your own time.

Do you want to expand your personal wellness toolkit, or to invest in your team's well-being? We've prepared content on a wide array of topics. Build your knowledge, skills, and abilities – whenever you're ready.



Featured Article

Reimbursement Program Puts "Choice" Back into Childcare

Life & Work Connections spoke with University employees utilize the Childcare Choice - Employe program to receive reimbursement for childcare costs.

[FIND OUT MORE](#)

Articles on a variety of topics

On-Demand Videos

- Recorded workshops
- Webinars

Quick Links: [Articles](#) [Videos](#)

News and Articles

News Tags

- Any - [Apply](#)



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WellBeing in Action [PLAY ALL](#)



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Created playlists



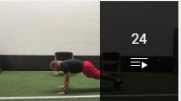
Resiliency
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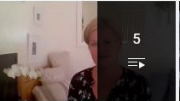
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Explore This ...
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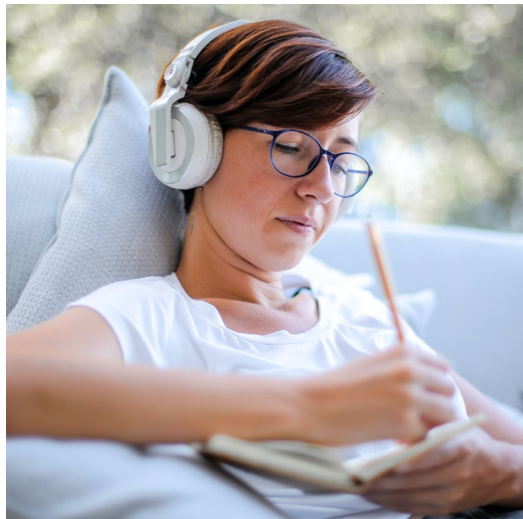


Mental Health

Employee Assistance Counseling



- Free, confidential short-term counseling (12)
- Benefits-eligible employees, nationwide
 - Dependents and household members
- Nationwide network of providers
- Multiple languages and translation services
- 24/7 access to support



Call **855-511-9855** (**TTY: 800-697-0353**)



CredibleMind



CredibleMind, a one-of-a kind online mental health self-care resource.

CredibleMind's one-stop-shop digital platform is available to you, your dependents and members of your household 24/7. It's accessible from a mobile phone, tablet or computer, with no login required, so any time can be the right time to focus on your mental health and well-being.

With CredibleMind's self-care content, you have access to:



An expansive library of valuable and trusted information, tools and assessments



A completely confidential site separate from the University, so your information and wellness journey can remain personal



Customizable and personalized content to meet your needs and preferences



Expertly curated and scientifically backed resources



To see the resources available to you, please visit arizona.crediblemind.com or scan the QR code today!



Life & Work
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Health Promotion

Health Screenings & Preventive Care

- **Mini-health Screenings**

Annual worksite health screening

- **Flu Shots**

Free through worksite clinics, Healthwaves clinics, and additional health plan options.

- **Mammograms**

- **Prostate Screenings**

- **Move Arizona**





Health Promotion

HiP Health Impact Program





Engage in activities that fit your interests

Get the encouragement and support to become or stay active, eat well, sleep better and manage life's ups and downs—every day!

Challenges

Rally your coworkers for the latest company step challenge! Or gather a small group of coworkers or friends, and challenge one another to start a new healthy habit.

Daily Cards

Every day we'll send you two new tips to help you live well. Plus, we'll make sure they're about the areas that interest you the most.

Journeys®

Want to exercise more? Better manage a health issue? Now you can use our digital coaching tool to make simple changes to your health, one small step at a time.

My Care Checklist

My Care Checklist is a handy, personal healthcare tracker that is right at your fingertips. It assists you in managing your health by keeping track of health checkups, all in one place.

Nutrition Guide

Choose what you'd like to work on, like cutting out sweets or portion control. Then get tips and recipes to help you achieve your goals.

Pillars and Topics

We've made it simpler than ever to get to the information you want. Explore the Pillars and Topics section to find what you need—fast.

Recipes

Get ideas for healthy meals, build a shopping list, and make a weekly meal plan. Healthy eating is easier when you have the help of an app!

Sleep Guide

What's your sleep like? Decide what you need to work on, like getting to bed earlier or quieting down. Then get information to help you rest.

Social Groups

Getting healthier and learning something new is easier with friends. Join a group to stay motivated, chat with others and achieve goals together.

Whil Mindfulness

Breathe. Your personal stress-reliever is here. Watch meditation videos and learn how to practice mindfulness.

- Partnership with ADOA
- Earn up to \$200!
Three levels of rewards
- Program runs Jan. 1 – Dec. 31
- Personify Health App to track



Financial Wellness

Consultations, Resources, and Tools

Meet with our financial partners on a broad range of topics:

- Planning for retirement (1:1s, tools)
- Debt management
- Budgeting
- Estate planning
- Tax planning
- Student Loan Forgiveness
- And more...





Legal Services

Unlimited Access

- Free and unlimited consultations with legal experts on a range of topics, including:
 - Divorce
 - Adoption
 - Estate planning
- Unlimited phone consultations
- Referrals to local attorneys (25% fee discounts)
- Information on low-cost and no-cost legal options



ComPsych





Relocation Services



- **ComPsych Relocation**

Customized rental searches, neighborhood profiles and community packets, moving checklists, pre-screened referrals to moving companies and repair services.



Dependent Care

Children, Adults & Elders

Subsidies available for all benefits-eligible employees, nationwide

- **Childcare Choice**
 - Up to \$2,000 in qualifying childcare
 - First come, first served; limited funding
- **Back-Up Care Program**
 - Subsidized backup care for children, adults, and elders
 - Nationwide through vendor Bright Horizons
 - 80 hours in backup care per fiscal year



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Dependent Care: Consultations

Children, Adults & Elders



- **Childcare & Parenting**
 - Parenting Techniques
 - Tools & Strategies
 - Childcare research
- **Lactation Rooms on campus**
 - How to establish a lactation space
- **Adult and Elder Care**
 - Information on community resources
 - Care Plans & Legal Documents
 - Customized and confidential.







Connect with Us!

Call: (520) 621-2493

Email: lifework@arizona.edu

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Family Connections



Wellness at Work

