

3rd Health and Wellness Survey

To all University Employees:

Work can affect health and wellness, and vice versa. A healthy workplace and campus begins with its people. Recognizing the potential benefits of workplace health and wellness programs, the University of Lethbridge will be conducting the 3rd health and wellness survey that includes all Staff and Faculty. The survey will be conducted between March 19 – 30, 2018.

I fully support this initiative and encourage all Staff and Faculty to take the time to complete the survey. Our wellness vision recognizes that our people are our greatest asset and that the balance of individual health and wellbeing is critical to overall University and student success, as well as individual success. Your input into how this can work for you as an individual and as a Staff or Faculty member is valuable to furthering the programs and activities that support your own health and wellness.

The survey was developed in conjunction with the Wellness Committee and our partners at Metrics@Work, who will be managing it on our behalf. The ongoing evaluation of our health and wellness programming involves repeated input from you but only once every 3 years. I appreciate if you can take 10 – 15 minutes to complete the survey.

Watch for an email from Metrics@Work on March 19, 2018 with a link to the survey. Please be assured all responses are completely confidential.

Sincerely,

Mike Mahon, Ph.D.

President & Vice-Chancellor