

DID YOU KNOW?

It is important to understand what is covered under the Core Plan before submitting claims under Health Spending. Use your Core benefits first. And, remember to ALWAYS keep copies of your receipts! Find more information: <http://www.uleth.ca/hr/pension-and-benefits>

If you qualify for spending accounts, it is important that you know that there are two different types of Flex Spending Accounts – Health Spending and Wellness Spending. You can allocate your funds on The Bridge each December (locked in for the following year).



WHAT IS IMPORTANT TO YOU?

You filled out the survey, so what does it all mean? The University of Lethbridge Wellness Committee has heard great recommendations and comments such as:

- Employees would like more info about Healthy Food Options on Campus.
- Employees indicated they continue to be interested in Wellness Events on Campus, such as Life Balance Fair, Mini Massages, Wellness Walks, Lunch & Learns, etc.
- Employees would like to receive tips and training on how to improve job skills.

You can subscribe to our Wellness Newsletter for a list of upcoming events and Wellness Tips by emailing Wellness@uleth.ca



2018 U of L Employee Health & Wellness Survey Results Summary

With the help of an independent survey company, Wellness & Recognition surveyed U of L Staff between March 19th and April 6th, 2018 and had 721 responses. The purpose of this survey is to ensure employee health and wellness remains a focus. The goal of this survey was to: capture health and wellness trends, help the Wellness Committee determine if we are on target, identify gaps in our programs, and improve where possible.





Survey Summary

- March 19 – extended to April 6, 2018
- 2018 Response Rate 57.7% (721/1250)
- Metrics@Work independent survey co.

Response Rates

2018	2015	2012
57.7%	49.4%	56%
721/1250	574/1162	704/1258



WHERE WE IMPROVED:

- 85.7% of respondents feel that the Employee and Family Assistance Program meets their needs
- 79.2% of respondents feel that their own health is good to excellent.
- 66.8% of respondents feel that they have adequate training opportunities

WHAT WE CAN DO BETTER:

- Increasing workloads with same resources has been challenging
- Explore increased services for employees through partnerships with Sports & Rec Services
- Provide info on Health Centre services
- Explore healthy and cost-effective food partnerships
- Provide clarification to employees on Blue Cross benefits

Physical Activity



EMPLOYEE FITNESS OPPORTUNITIES:

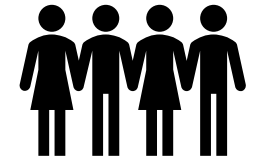
- MONTHLY WELLNESS WALKS
- BIKE REPAIR STATIONS
- FITNESS ORIENTATIONS AND DROP-IN CLASSES AT THE FITNESS CENTRE
- CAMPUS WALKING MAPS, COULEE TRAILS
- CALGARY CAMPUS – RIVER PATHWAYS

69% OF RESPONDENTS SPEND 3 DAYS A WEEK OR MORE BEING MODERATELY PHYSICALLY ACTIVE!

72.3% OF RESPONDENTS SPEND 30 MINUTES OR MORE BEING PHYSICALLY ACTIVE A DAY!

THERE ARE A NUMBER OF ACTIVITIES OR CLUBS ON CAMPUS THAT YOU CAN JOIN TO PROMOTE SOCIALIZATION:

- BOOK CLUB (CALGARY CAMPUS)
- KNIT & KNATTER – ART GALLERY
- MUSIC AT NOON – UNIVERSITY RECITAL HALL
- PRESIDENTS WELCOME
- PUBLIC PROFESSOR SERIES
- WELLNESS LUNCH & LEARNS
- NOTICE BOARD [HTTPS://WWW.ULETH.CA/NOTICE/](https://www.uleth.ca/notice/)



WAYS TO IMPROVE YOUR SLEEP:



- 1). Stick to a sleep schedule, even on the weekends.
- 2). Practice a relaxing bedtime routine
- 3). Exercise daily
- 4). Avoid alcohol, cigarettes, and heavy meals during the evening

Source: National Sleep Foundation

Visit

<http://www.uleth.ca/hr/wellness/nutrition-tips>

for Nutrition Tips