**liveWELL**

Everyone can do something to enhance their personal health and well-being, whether you're the picture of health or live with a chronic illness. liveWELL programs and services are designed to support you in your health and wellness efforts, no matter where you find yourself on the health continuum. Some of the benefits include:

- Access to a number of free health and well-being services online, in-person, or by phone.
- Tailored feedback reports on specific health issues you may face now or in the future by completing your Personal Health Assessment survey.
- Work with a Health Coach to create a reasonable health enhancement action plan and meet your health goals.
- Be eligible for a number of incentives:
  - Earn liveWELL points to redeem at the liveWELL Store.
  - Participate in the Recreation Membership Incentive Program to have 50% of your campus recreation membership reimbursed.

Support health and wellness in your unit by volunteering as a Wellness Ambassador or simply being a champion for a healthy workplace.

**Faculty/Staff Incentive Program:**

Faculty/Staff at the University of Iowa have the opportunity to participate in the Faculty/Staff Recreation Membership Incentive Program. The program is designed to allow UI faculty and staff the opportunity to earn a 50% incentive towards an annual single faculty/staff membership (Monthly membership = $39.00/month; incentive =19.50/month). To qualify, the following criteria must be met:

- Active Faculty/Staff in a 50% or greater regular position and House Staff and Postdoctoral Research Scholars
- Complete the liveWELL Personal Health Assessment (PHA) survey one time annually (each calendar year beginning January 1 or past 90 days)
- Use one of the Recreational Services facilities a minimum of four times a month

**Office hours**

7:30 a.m. to 7 p.m. Monday through Thursday
7:30 a.m. to 5 p.m. Friday

Appointments can be scheduled between 7:30 a.m. and 7 p.m.

**Locations**

**Main Office:** The UI Wellness Office is located in the Wellness Services area of the Campus Recreation and Wellness Center. Parking is available one block southeast.

**Questions:**

319-353-2973 or livewell@uiowa.edu

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**Questions:**

Mallory Valentine
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