

### 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.

#### 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](mailto:livewell@uiowa.edu)

### **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

#### Questions:

Mallory Valentine  
Associate Director of Strategic Initiatives  
[Mallory-valentine@uiowa.edu](mailto:Mallory-valentine@uiowa.edu)  
319-335-6218