

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.
- Feedback report and access to your personalized well-being dashboard. It's tailored just for you, offering practical tips to foster and maintain healthy habits and connect you to well-being resources once you've completed a quick, 10-minute assessment [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.

2/28/2025

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.

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. Attending virtual group fitness classes count towards the four required visits.

A Recreational Services membership grants you access to the four facilities on campus with convenient hours and unique opportunities to stay active. The facilities include:

- [Campus Recreation and Wellness Center \(CRWC\)](#)
- [Field House](#)
- [Fitness East](#)
- [Hawkeye Tennis and Recreation Complex](#)

Within these facilities there is access to over 25,500 square feet of cardiovascular and strength training equipment, two indoor tracks, two competition pools, a recreation pool, 20 free [Group Fitness and Mind Body Classes](#) daily (In-person or virtually), 10 basketball/volleyball courts, a multipurpose court, 5 badminton courts, 2 squash courts, 10 wallyball courts, and 16 racquetball courts. Also, all facilities have lockers and equipment available for rent.

For additional fees, members have the option to participate in diverse programs and services. Options include the Climbing Wall, Intramural Sports, Personal Training, Rowing, Specialty Fitness Programs, Swim Lessons, and Tennis. More information about all of these services can be found on the [website](#).

<https://recserv.uiowa.edu/>

Questions:

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