MAKE YOUR WELLNESS A PRIORITY

As a UC Irvine/UCI Health employee, you have access to many wellness resources and programs. Explore some of the many wellness offerings available to you and visit the HR Wellness website for more.

HR.UCI.EDU/WELLNESS

LEARN MORE

MENTAL HEALTH

Life Resources Program

Access to counseling services, answers to legal or financial questions, locating child or elder care, overcoming relationship conflicts, college planning, resources for moving, worklife webinars, and more.

Faculty/Staff Support Services

Consultative services, Mental Health First Aid trainings, support to resolve behavioral health issues, and a primary crisis intervention resource to facilitate and coordinate appropriate resources.

Behavioral Health Benefits

From medication management, anxiety, to eating disorders, there are multiple behavioral health resources available through your UC health insurance provider.

PHYSICAL HEALTH

Campus Recreation

Fitness classes, gym facilities, team building activities, intramural sports, and more.

Susan Samueli Integrative Health Institute

The institute provides support services for our extraordinary caregivers and co-workers. Mindfulness and meditation, mental health check-ins, nutrition counseling, cooking demonstrations, biofeedback, yoga, and more. Fees may apply.

Diabetes Prevention Program (DPP)

A year-long group class designed to help reduce the risk of developing Type 2 diabetes. Facilitated by certified Lifestyle Coaches using a CDC approved curriculum.

FAMILY SUPPORT

Bright Horizons

Access to caregiving services for dependents (child/elder), parenting webinars, and more.

Lactation

Dedicated lactation spaces, information, and support to help those lactating to comfortably provide milk after returning to work.

FINANCIAL WELLNESS

Fidelity

One-on-one retirement planning, financial consultations, ongoing webinars, and tailored presentations by request.

Additional Perks & Discounts

Employees have many perks and discounts available to them including pet insurance, fitness club access, travel programs, theme park discounted rates, education programs, and more.

WANT TO GET INVOLVED?

Join the team as a volunteer
Co-Worker Experience Ambassador
hr.uci.edu/partnership/empowered/ambassadors.php

Subscribe to the Ambassador Listserv at
bit.ly/UCIWellnessList

Questions?

Contact the Wellness team at wellness@hs.uci.edu

UC Irvine Human Resources
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