

Faculty and Staff Wellness Program **Spring Semester 2023 – Wellness Activities.**

Lark Diabetes Prevention Program: Anthem has partnered with a company called **Lark** to offer a diabetes prevention program (DPP) that helps improve the health of those living with prediabetes by encouraging small lifestyle changes. Losing weight can make a big difference in lowering your risk for type 2 diabetes. If you're living with prediabetes, you are at an increased risk of developing type 2 diabetes, heart disease, and stroke.

You can participate in this program at no extra cost as part of your health plan. Track your progress, check in with your coach, and learn more about prediabetes right in **Lark's free mobile app**. This program is flexible, convenient, and follows guidelines from the Centers for Disease Control and Prevention (CDC) to help you make small changes that can improve your health and decrease your risk over time.

The Lark DPP offers personalized digital coaching that helps members establish and continue healthy habits, making a difference to their overall health and well-being for years to come. To learn if you are at risk for prediabetes, go to lark.com/anthem and take a quick one-minute survey to see if you qualify to enroll in [Lark's Diabetes Prevention Program](#).

Wellness Program Vendor Overview

HealthWorks Tier 1: Annual Biometric Screening and HRA Provider (\$120 savings)

- Available annually to benefit eligible employees
- Employees earn a \$120 healthcare premium savings for completing a health screening/HRA
- [HealthWorks Portal](#)
- **Visit the portal to view/print off your most recent screening results at any time!**

HealthWorks Tier 2: Health Activity Tracker Program (\$120 savings)

- Additional program available to those who completed Tier 1
- Earn points participating in wellbeing activities throughout the year
- Receive an additional \$120 reduction on healthcare premium if you achieve 120-point goal
- Complete both Tier 1 and Tier 2 to earn the full \$240 healthcare premium reduction

LifeWorks: Employee Assistance Program (EAP)

- Available at no cost to UD employees and dependents, visit [LifeWorks.com](https://lifeworks.com) to get started
- Up to 5 short-term solution focused counseling sessions a year
- Check your email for an invitation code to sign up or request an invitation code on the website
- Call toll-free 24/7, 365 days a year at 888-267-8126



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Spring Wellness Lunch & Learns: To claim Health Tracker Points for online sessions *screenshot the Zoom page and/or send in an overview of the lunch & learn and date attended*. Verification can be uploaded or emailed to HealthWorks at udpointh@cityhealthworks.com. For in person sessions, an attendance roster will be submitted to HealthWorks.

1. **Fifth Third Bank – Debt Management**

Date: 1/12/2023

Time/Location: 12:00 – 12:50 PM, KU Room 222

Description: Participants will explore common reasons why people find themselves in debt and the most common types of debt. They will also describe the value of using debt management strategies such as loan consolidation, budgeting, and debt management plans. Finally, participants will compare various debt management solutions and create a personal plan about how to manage their debt.

2. **LifeWorks Webinar – A New Look at Wellbeing**

Date: 1/13/2023

Time/Location: 2:00 – 2:30 PM, Online, [Link](#)

Description: In this class we will take a look at the factors affecting our well-being, including the pandemic and the impact of the social, political, and economic landscape. We will discuss how to tackle these tough issues so that we can help ourselves and others improve our health and well-being, in spite of the challenges we face.

3. **Maple Tree Cancer Alliance**

Date: 1/18/2023

Time/Location: 12:00 – 12:50 PM, KU Room 222

Description: Maple Tree is a non-profit organization that is dedicated to improving the quality of life for those who have received a cancer diagnosis. Maple Tree has 16 locations within Ohio and works with most major health networks in the Dayton area. Maple Tree offers services including free 1:1 exercise programming, comprehensive health fitness assessments and exercise plans that will help participants prepare and maintain their health throughout their treatment and recovery journey. Join us for this session to learn more about Maple Tree and how to get started!



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4. [Sustainability – Recycling Right at UD and in the Miami Valley](#)

Date: 1/30/2023

Time/Location: 1:00 – 1:50 PM, KU Room 310

Description: Want to learn more about what can be recycled and composted at home and on campus? Join the Hanley Sustainability Institute Student Leaders for a lively, interactive session on recycling right at UD and in the Miami Valley.

5. [LifeWorks Webinar – Maximizing Your Brain’s Potential](#)

Date: 2/10/2023

Time/Location: 2:00 – 2:30 PM, Online, [Link](#)

Description: It is extremely important to make the most of your brainpower for both work and fun. Doing this means taking care of your whole self. In this class, you will learn how everything you do, including learning, impacts your brainpower. This program draws on ongoing research in neuroplasticity, the brain's ability to continue to grow.

6. [LifeWorks Webinar – Filling the Nutritional Gaps](#)

Date: 2/24/2023

Time/Location: 2:00 – 2:30 PM, Online, [Link](#)

Description: In this program, participants will explore snacking, determine its benefits and examine its impact on blood sugar. They will discuss how effective snacking meets the body's need for recommended nutrients and how myplate.gov can be used to determine gaps and which recommend foods will address them. Participants will explore the role of fiber, compare and contrast soluble and insoluble fiber and identify sources of each.

7. [Link Dayton Bike Share](#)

Date: 2/28/2023

Time/Location: 1:00 – 1:50 PM, KU Room 331

Description: Daniel Cox from the Link Dayton Bike Share program will be discussing how to ride a bike safely (and legally), the health benefits of riding a bicycle, and how to use the Link Dayton Bike Share.



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8. [LifeWorks Webinar – Best Practices for Supporting Others](#)

Date: 3/10/2023

Time/Location: 2:00 – 2:30 PM, Online, [Link](#)

Description: This seminar will allow participants to discuss the basic techniques for providing help and support to others. Participants will learn how they can provide support without taking on the role of a counselor/therapist and leave with real life strategies they can use to help listen and support their loved ones.

9. [Cholesterol and Metabolic Health Dr. Richard Saxten](#)

Date: 3/14/2023

Time/Location: 12:00 – 12:50 PM, KU Room 222

Description: This session focuses on what our basic cholesterol blood work tells about our risk of cardiovascular and metabolic disease. We will discuss how an unhealthy metabolism is the foundation of many life-long diseases, and most importantly we'll go over what steps we can all take to improve our metabolism and overall health.

10. [Institute of Holistic Leadership - Clinical Aromatherapy for Health & Wellness](#)

Date: 3/22/2023

Time/Location: 1:00 – 1:50 PM, KU Room 310

Description: Which essential oils are good for headaches? Which Eucalyptus is good for the respiratory system and still safe for children? What essential oil can promote healing and reduce the chance of infection in burns and cuts? Can essential oils keep you healthy? In this class you will learn how to begin to create your own personal aromatherapy medicine chest based on the needs of you and your family. Specifics for Children will also be discussed.

11. [Sustainability – From Field to Forest: Forest Restoration in Abandoned Agricultural Fields](#)

Date: 3/27/2023

Time/Location: 12:00 – 12:50 PM, KU Room 222

Description: The Midwest, and Ohio, have been presented with a unique opportunity to restore former forestlands on abandoned agricultural fields. What helps the forests regrow the best? Join environmental biology graduate student Valerie Thurston to learn about her research on replanting forests on old farm fields, with a little help from native prairies along the way.



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12. [LifeWorks Webinar – Today's Financial Trends](#)

Date: 4/6/2023

Time/Location: 2:00 – 2:30 PM, Online, [Link](#)

Description: We are living in times of uncertainty and change. As a result, we need to be aware of the current financial trends as well as the tried-and-true financial principles that have served us well throughout the years. In this session, you will learn the impact that inflation and the cost of living have on your household budget. You will also learn about the protections available to you through the FDIC and NCUA. And you will discover that you can reduce your stress, if you learn to better communicate about your goals, values, and objectives, and by making a conscious effort to spend your money where it matters most to you.

13. [Fifth Third Bank – Considering Home Ownership](#)

Date: 4/12/2023

Time/Location: 12:00 – 12:50 PM, KU Room 222

Description: In this workshop, participants who may be thinking about buying a home will learn what financial preparation is required prior to purchasing a home. They will understand the factors that can affect their eligibility for a loan, the different mortgage options available to them, and learn how to estimate what they can afford to pay for a home.

14. [Sustainability: Getting Started with Solar at Home](#)

Date: 4/24/2023

Time/Location: 12:00 – 12:50 PM, KU Room 222

Description: Are you wondering where to begin with adding solar power to your home? Join Joe Fulford, Oakwood resident and Solar United Neighbor partner, to learn from his personal and professional experience. Bring your questions and concerns as he shares resources and walks us through some of the many decisions from aesthetic to financial of residential solar.



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