

Faculty and Staff Wellness Program **Summer Semester 2024 – 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

TELUS HEALTH (formerly LifeWorks): Employee Assistance Program (EAP)

- Available at no cost to UD employees and dependents, visit [Telus Health.com](https://telushealth.com) to get started
- 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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Summer 2024 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@incyhealthworks.com. An attendance roster will be submitted to HealthWorks for in person sessions.

1. **[Runners Plus - Stress Management from the Bottom Up](#)**

Date: 5/29/2024

Time/Location: 1:00 – 1:50 pm, KU 222

Description Join Chelsey Woods with Runners Plus how to effectively use movement and modalities to regulate your emotional responses.

2. **[Kettering Health - Nutrition & Cognition](#)**

Date: 5/30/2024

Time/Location: 12:00 – 12:50 pm, KU 310

Presenter:

Description: Taking care of thoughts, movements, and systems means your brain is working hard 24/7. So how do we fuel the amazing engine that keeps us running? Join us as we discuss ways to eat for better cognitive health, current research, and great foods for a brain boost.

3. **[Michelle Daniel – Holistic Nutrition for Busy Professionals](#)**

Date: 6/5/2024

Time/Location: 12:00 – 12:50 pm, KU 310

Description: This lunch and learn topic is designed to address the unique dietary challenges faced by business professionals who often have demanding schedules and limited time for meal preparation. The session would emphasize a holistic approach to nutrition, recognizing that food not only fuels the body but also affects overall health, mood, and productivity.

4. **[PNC Bank – Mid to Late -Career: Building on Your Solid Financial Foundation](#)**

Date: 6/18/2024

Time/Location: 12:00 – 12:50 pm, KU 310

Description: If you're well into your career, you're likely thinking about current and future life goals, and what it will take financially to achieve them. This workshop offers strategies to help you reach those goals.



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5. [Alzheimer's Association – Downsizing Roadmap – Transitioning into a New Living Situation](#)

Date: 6/20/2024

Time/Location: 1:00 – 1:50 pm, KU 222

Description: As we age, the need to change or downsize our current living situation occurs. Oftentimes, but not always, the need to downsize and transition into a new living situation becomes an immediate need after a dementia diagnosis. Families are faced with what to do if their loved one can no longer be in their house. What are the options? Where should one start in downsizing? Join us to learn about the signs of when it's time for a change in one's living situation. Hear from our experts about the mindset of moving, tips and tricks to downsize your belongings, what to do with your current residence, and what new living options are best for you or your loved one.

6. [Understanding Menopause](#)

Date: 7/2/2024

Time/Location: 1:00 – 1:50 pm, KU 222

Description: During this session we will discuss how to identify the symptoms and stages of menopause and current treatment options available to ease symptoms.

7. [PNC Bank – Budgeting 2.0: Making Budgets Work](#)

Date: 7/10/2024

Time/Location: 12:00 – 12:50 pm, KU 310

Description: Learn to identify your personal obstacles to budgeting, decide short- and long-term goals, and manage your day-to-day spending to increase your financial security.

8. [Diabetes Dayton – Reading Nutrition Labels](#)

Date: 7/23/2024

Time/Location: 1:00 – 1:50 pm, KU 222

Description: The presentation will discuss the different parts of a nutrition label and help the listeners to make informed decisions when viewing a nutrition label.



9. [Institute of Holistic Leadership – Holistic Home Remedies](#)

Date: 7/25/2024

Time/Location: 12:00 – 12:50 pm, KU 310

Description: Long before modern medicine, there were the fruit trees, the honey bees, and the herb garden. Using home remedies is a way of honoring information that has been handed down through generations. In today's world of chemicals let's discuss some natural remedies for everyday needs.

10. [Runners Plus - Get It & HIIT It](#)

Date: 7/31/2024

Time/Location: 1:00 – 1:50 pm, KU 22

Description: Join Chelsey Woods with Runners Plus on how to build quick and effective workouts anywhere at any time!

