

UTMB Training for Life

Division of Employee Health & Wellness

- **Three tier programming:**
 - **Institutional**
 - **Departmental**
 - **Personal**



Training for Life: Institutional

- **Tobacco Free Workplace** - Policy, enforcement, signage
 - Events Great American Smokeout, American Heart Walk
- **Food and Nutrition** - Healthy options in cafeteria and vending, TFL signage, healthy food subsidy
- **Health Risk Assessment** - Partner w UT System
 - Institutional based incentive (free co-pays, increased premium sharing and combined report with BC/BS data)
- **Awareness** — informational boards (JS/PCP), TFL seminar series
- **TFL Wellness Council** — Working committee, chaired by HP staff meetings on a quarterly and as needed basis
 - TFL Awards to individuals and groups who lead by example
- **Alumni Field House** — increase utilization, research, medical fitness
- **Campus Walkability Initiative** — covered walkways, stairways to health

Training For Life: Departmental

- **Three to six month programs** to establish an ongoing departmental focus of health and wellness
 - Total Health Challenges
 - Policy for flex time, food @ work
 - wellness committee representatives to serve as liaisons to Employee Health Promotion and Wellness Council
 - Departments awarded “Department of Health” status by Wellness Council.



Training For Life: Personal

- **Client care focus**

- New employee health assessment and triage to appropriate service
- Commit to Quit tobacco cessation
- Physician referrals for medical fitness consultations
- Personal fitness evaluations/consultations
- Special population focus

- **Awareness**

- Training for Life website
- Personal Best newsletter
- Office of Employee Benefits newsletter, daily announcements, iUTMB

Worksite Health Promotion

- **Research**

- Worksite Initiative for Stronger Employees
- Exercise and Cancer
- Population health
- Health and Productivity Management

- **Business development**

- Health screenings
 - United Fire Group, Port of Galveston
- Consultation
 - Gulf Coast Waste Water Authority