



Faculty and Staff Wellness Workgroup

Vision, Mission, Goals and Objectives

Vision

The vision of the UC Faculty and Staff Wellness Workgroup is to maintain work environments at all UC locations that promote healthy lifestyles, reduce risk, and enhance the quality of life for faculty and staff.

Mission Statement

The mission of the UC Faculty and Staff Wellness Workgroup is to develop and support comprehensive, integrated, results-oriented wellness programs and culture of health throughout the UC system.

Goal

The goal of the UC Faculty and Staff Wellness Workgroup is to work with UC leadership, key stakeholders, and collaborative partners to integrate wellness into UC culture and contribute to the management and reductions of risks and health care costs throughout the UC system.

Objectives

- Partner with key stakeholders at UCOP and health plans (ie., Benefits, Risk Services, StayWell and Kaiser) to integrate wellness into the UC culture and establish wellness as a priority.
- Identify, develop, and enhance wellness best practices and policies.
- Share resources including, but not limited to:
 - Communications for promotion of StayWell and Kaiser Health Assessments
 - Language for healthy work environment policy and practice
 - Worksite wellness websites for each location
 - Evaluation methods and best practices
 - Worksite wellness continuing education and training

Workgroup Process

- Identify and maintain the role of chair (or co-chairs) for the Workgroup.
- Maintain the Faculty and Staff Wellness Workgroup through listserv, bi-monthly calls and email communication.
- Explore opportunities for an annual one-day meeting.