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Welcome to the first edition of the **liveWELL** newsletter. To receive subsequent publications, complete your Health Risk Assessment, and you will receive a link when new editions are released.

## liveWELL: A Better Choice



**liveWELL** is a collaborative initiative by UI Wellness and UI Benefits to support the health and well-being of faculty and staff at The University of Iowa. A voluntary and confidential Health Risk Assessment (HRA) survey is the foundation of **liveWELL**; it asks questions regarding lifestyle practices, health history, and self-

reported physical measures such as height and weight. We invite you to make **A Better Choice** at <http://www.uiowa.edu/livewell>.



It's as easy as  
**A-B-C!**



Complete the **Health Risk Assessment** survey at the HR Self Service website.

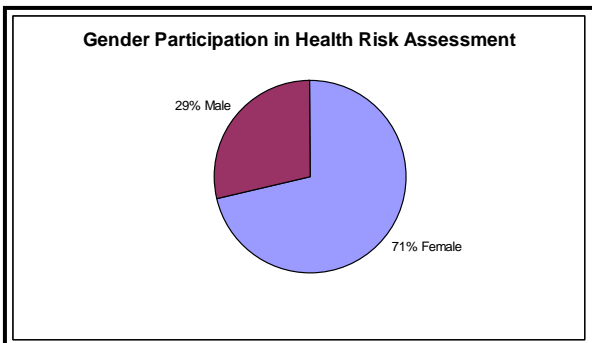
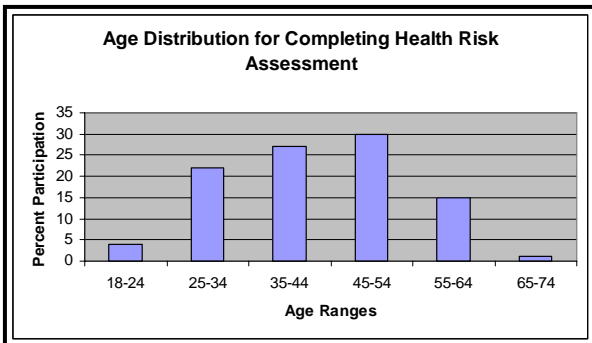


Receive **\$30**, an individualized health report, and a chance to win a monthly drawing for \$500.



Based on your results, you may be eligible for the **Health Coach Service** and other resources.

## liveWELL's participation continues to grow...



## Here are the numbers behind its success!

- To date, 3477 people have taken the Health Risk Assessment (HRA).
- Of the 3477 people participating, 2737 (78.7%) want to be contacted by UI Wellness, thus allowing **liveWELL** the opportunity to work with them.
- Participants range in age, with a mean age of 42.6 years.
- Women comprise 71% and men comprise of 29% of persons participating in the HRA.
- UI Wellness health coaches are currently working with 195 clients who have started their health improvement journey.



## Develop Your Wellness Vision...a Health Coach is Ready to Help



### Reach or Exceed Your Personal Health Goals

Health coaching facilitates behavior change via a structured, supportive partnership between you and your coach. A health coach can:

- provide motivation, support, or accountability to meet health goals.
- help develop a personalized plan that changes with your needs.
- sort out conflicting or confusing health and nutrition information.
- provide privacy and confidentiality.

If you have taken the Health Risk Assessment (HRA), have qualifying health risks, and have given permission to be contacted you will be invited to meet with a health coach. The initial consultation is free, lasts about 20 minutes and is a chance to discuss the HRA and your personal health needs or goals.

If you decide to work one-on-one with a coach, the service will include five visits over a ten-week period. The first visit is 45 minutes to an hour, and follow-up visits are 20 to 30 minutes. Your cost for the service is \$30.

### I'm Ready for a Health Coach!

If you have not completed the Health Risk Assessment, do so at the HR Self Service website. If you have given permission at the end, **liveWELL** staff will schedule your initial consultation to review your HRA and discuss the health coach service. If you've had a visit and decided not to use a health coach, call us back at anytime. **We're here to help you improve your health whenever you're ready!**

### Meet Our Health Coaches



Our health coach staff are professionals with diverse backgrounds in health promotion and wellness. They have expertise in exercise, nutrition, stress management, and other healthy behaviors. To meet our health coaches, visit our website at:

[http://www.uiowa.edu/livewell/meet\\_coaches.html](http://www.uiowa.edu/livewell/meet_coaches.html)

### Health Coach Spotlight: Erin Litton

Erin is certified by the American College of Sports Medicine. As a Health Fitness Instructor, she is enthusiastic about behavior change while understanding that altering old habits can be difficult and challenging. She has been involved with recreational programming on and off campus. She believes that one's optimal health can be attained with environmental support, individual motivation, and a program that best fits the individual's interest.

*Newsletter design provided by Bethany Kaplan*



**TIP OF THE MONTH**

A self-inventory of behaviors you are ready to improve (like physical activity, stress management, nutritional habits, and weight control) can be very helpful. If you are ready to take action before meeting with a coach, start with **SMART** goals!

- S** Be *SPECIFIC* in actions you want to achieve.
- M** Have *MEASURABLE* results and *MEASURABLE* participation.
- A** Make goals *ATTAINABLE* with actions that you are capable of now
- R** Define *REALISTIC* expectations.
- T** Ensure that goals are *TIMELY* by creating a start date and end date for each goal.

Examples of **SMART** goals are:

- “I will eat one piece of fruit each day instead of one candy bar, starting today through August 1.” *OR*
- “I will walk 15 minutes, for a total of three days a week, starting today lasting four weeks.”



**S**ince **liveWELL** launched in April 2006, there has been a monthly drawing for **\$500**. Check out the lucky April and May winners below.



**Nick Pantazis** is a professor in the Anatomy & Cell Biology Department. He was surprised to learn of his April winnings, since all he did was take the Health Risk Assessment.

**Kathleen Kamerick**, Lecturer in Department of History and Center for the Book, was the May \$500 winner.

Kathleen says, *“The Health Risk Assessment was a good reminder to do the things that I know I should be doing anyway! I participated in Mindfulness-Based Stress Reduction through the UI Wellness Pilot Wellness Program and that is how I was introduced to UI Wellness*

**You too can be a winner!**

Take the Health Risk Assessment before the next drawing on **August 1, 2006**. The final drawing of the year will be December 1, 2006.

**liveWELL**

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**We welcome you!**

Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires a reasonable accommodation in order to participate in this program, please contact UI Wellness at 319-353-2314.