The University of Arizona has received a Healthy Arizona Worksite Award for its efforts to positively impact the health and well-being of UA employees, their families and the campus community by implementing comprehensive worksite wellness strategies.

The UA received a gold level award at a ceremony last week.

"The University's evidence-based practices are designed to meet the life and work needs of our diverse workforce," said Allison Vaillancourt, vice president of business affairs and human resources. "It is gratifying to see our strategic programs recognized."

The Healthy Arizona Worksites Program is a public health initiative developed by the Arizona Department of Health Services and the Maricopa County Department of Public Health.

A full slate of resources is offered at the UA, reflecting an integrated, whole-person approach to wellness. At the start of the year, the University was selected to receive a 2017 Seal of Distinction from WorldatWork, a national honor that recognizes organizations' commitment to work-life integration for its employees.

The UA's worksite wellness programs and resources are offered through Life & Work Connections, a unit of Human Resources. The areas in which services are offered include:

- Employee Wellness and Health Promotion
- Employee Assistance Services
- Work/Life Integration
- Child Care and Family Resources
- Elder Care and Life Cycle Resources

Health screenings also are available to employees along with mental health, dependent care, and stress management assistance. For added accessibility, weekly health screenings are available at UA departments (including the Tucson, Phoenix, and Sierra Vista campuses). Monthly health screenings are also held at the Life & Work Connections office in Tucson.

Additionally, individual nutritional consultations, disease management, fitness coaching, and wellness activities are offered to benefits-eligible employees. Weight management services are tailored to each individual. User-friendly health and wellness workshops are delivered online and in-person.

A recent innovation that highlights a whole-person approach to well-being is the interactive Family Resource Map. This mobile application helps individuals find lactation spaces, diaper-
changing stations, family restrooms, and high chairs on campus. To access the map, click here [5].

"Our sustained commitment to a healthy workplace culture is increasing personal and organizational productivity, while making the University of Arizona an especially desirable employer," Vaillancourt said. "The University is a model for incorporating programs that encourage resilience within the campus community."

Source URL: https://uaatwork.arizona.edu/lqp/ua-gets-gold-healthy-arizona-worksite-award-ceremony

Links:
[3] https://lifework.arizona.edu
[5] https://lifework.arizona.edu/cc/family_resource_map