Join UCSC - Nominations open May 18

BY VALERIE BUCHANAN
AV & Conference Services Senior Manager
McGovern Medical School Conference Operations

Now is your opportunity to join the University Classified Staff Council (UCSC). Nominations will be open to UTH ealth classified staff employees from May 18, 2020, to May 29, 2020. Get involved in advising the UTH ealth President and Exec utive Council on important matters that affect classified employees. If you are looking for an opportunity to help serve our institution, UCSC may be the perfect fit for you!

If you are a full-time classified staff employee, have completed the new-hire probationary period, have your supervisor’s approval, and are willing to participate in a two-year term — nominate yourself today! If you know a co-worker that would like to have a leadership role in representing UTH ealth classified staff, please nominate them.

The nomination form can be found on the UCSC website at uth.edu/ucsc/elections.htm.

Current UCSC members who are at the end of their first term will need to submit a renewal nomination to continue on the council.

To learn more about the council, visit www.uth.edu/ucsc. If you are unable to join this year, please subscribe to the UCSC mailing list at go.uth.edu/UCSCMailingList to receive updates about the council.
A Message from the UCSC Chair

BY WILLIAM “BILL” SEVERSON
Audio-Visual Specialist
McGovern Medical School Conference Operations

While it is hard to believe, fiscal year 2020 is already more than halfway over! Your University Classified Staff Council (UCSC) has been hard at work this year to make meaningful change for you and to provide resources and educational sessions that expand your understanding of certain topics!

In light of the global pandemic that has taken hold of our community and our world, I want to express my commitment to classified staff members at UTHealth. So many of us are now facing new challenges as we stay safe at home or continue to come in to provide essential services to the university. Whether it is juggling work-from-home responsibilities on top of caring for loved ones or perhaps navigating our community while dealing with your own health issues, know that UCSC is here for you. Please visit our website to contact me or find other helpful resources as we continue through these challenging times, together.

To date, we have held two Brown Bag Sessions — one that focused on health and wellness and another that brought in a panel of women to speak about their journeys to leadership. Both of these sessions were well attended in person and via livestream, which is a feature we always offer during the Brown Bag Sessions to individuals who are unable to attend in person. The work being done by the Staff Development Committee to put these sessions on hopefully gives classified staff the opportunity to expand their professional development should they be in a department that is unable to send them to formal trainings and conferences.

In our effort to keep more classified staff members up to date on events happening at UTHealth, our Communications Committee is poised to deliver three newsletters this fiscal year, as well as to regularly communicate about other events. To that end, I would recommend that all classified staff members subscribe to the UCSC mailing list so that you can get the latest announcements and news about events here at UTHealth! Join here: go.uth.edu/UCSCMailingList.

UCSC is also about giving back. For yet another year, UCSC members were able to partner with the Office of Development to volunteer for the 2019 Fun Fest! This annual event is always a highlight in the lives of classified staff, and UCSC members have been happy to volunteer for the past several years now. This spirit of volunteerism is not something we utilize once a year. In fact, UCSC will be soliciting nominations for our elections beginning May 18. If you feel that you could make a difference in the lives of your fellow classified staff members or you know someone who would be a great representative, we ask that you nominate yourself or them. Please check our website for additional information!

We also give back through our Educational Awards Program, a competitive, merit-based program that offers funding to qualified students preparing for college who are children of current, full-time UTHealth classified employees. In keeping with our goal of increasing the funding for the UCSC Educational Awards, our campaign has a website that allows donors to give effortlessly via credit card online! This enhanced collaboration with the Office of Development has

See CHAIR on PAGE 3
UCSC members share work-from-home tips

Allan Cambel (top left), Colin Dunham (top right), Sandy Southern (bottom right), and Tricia Hill-Thomas (bottom left) are among the University Classified Staff Council members who have been adjusting to working from home.

CHAIR

Continued from PAGE 2

made it easier to fundraise and advertise this rewarding event, and we hope to partner further in the future.

At our core, UCSC exists to advise the President and the Executive Council on matters of importance to classified employees. We, as a council, do not take this responsibility lightly. This year, we have been able to present several items of importance to classified staff members to executive leadership here at UTHealth. While solutions do not always happen overnight, know that your voice and the voices of your colleagues matter. We relish the opportunity to hear from you and your ideas for improvements. A list of our representatives is available on our website, or you can reach us via email at UTHealthUCSC@uth.tmc.edu.

We asked members of the University Classified Staff Council to share their tips for working from home. Here is a summary of some of their suggestions:

• Create a routine and stick to it.
• Find a stress-free work station.
• Schedule digital "coffee breaks" with your team.
• Check in with your work friends — even those not on your team — and see how they are doing.
• Take lots of vitamin C, drink water and, yes, coffee, too.
• Plug your laptop into the TV via HDMI for a BIG screen effect.
• Take a walk and get some vitamin D.
• If your mic and camera do not work when you are on VPN, try logging on through Webmail.
• Try learning something new through LinkedIn Learning.
Senate Bill 212 becomes law, affects UTHealth

During the 2019 Texas legislative session, Senate Bill 212 was passed into state law and became effective Jan. 1, 2020. The new law requires all current UTHealth employees to report incidents of sexual harassment, sexual assault, dating violence, or stalking to the Title IX Office and also creates administrative and criminal penalties for employees who fail to report these incidents. Please review HOOP Policy #59 – Sexual Misconduct for detailed definitions of these sexual misconduct-related terms.

Important key points about SB212:
- All employees are deemed mandated reporters. There are no statutory limitations. It is crucial to obtain and keep a report receipt as proof of the report.
- Confidential resources for victims:
  - Student Health and Counseling Services counselors
  - Assistance program counselors
  - Patient care providers (when serving students or employees)
  - Legal counsel (when advising on covered matters)
  - Academic Ombuds (for students only)

When the preceding confidential entities report, they only have to report that the event happened. No identifying information has to be given: “I saw a person that meets the criteria for Title IX for ... .”

The identity of witnesses, alleged victims, and respondents will not be disclosed to the dean, department chairs, or leadership. The identity of accountable employees will only be disclosed in certain circumstances if a policy violation is determined.

An employee may be charged with a criminal offense (Class B misdemeanor) if the employee knowingly fails to make a required report or if the employee knowingly makes a false report with the intent to harm or deceive.

The criminal offense may be escalated to a Class A misdemeanor if it is determined that the employee intended to conceal the incident.

If a policy violation is found, the law requires that the employment of the employee, regardless of status, to be terminated in accordance with institutional disciplinary procedures.

Contact information for the Title IX Office:

7000 Fannin St., Suite 150
Houston, TX 77030
Phone: 713-500-CALL
(713-500-2255)
Email: call@uth.tmc.edu

Join the UCSC mailing list and be in-the-know!

Be among the first to receive:
- Newsletters with important information, practical tips, activities, and more.
- Information on professional development events like UCSC Brown Bag Sessions.
- Emails about other events of interest to UTHealth classified staff members.

It just take a few clicks!
1) Visit uth.edu/UCSCMailingList.
2) Enter your information.
3) Click “Subscribe”!
4) Enjoy the new year knowing you’ll be in-the-know!
Every year, the University Classified Staff Council (UCSC) plans and presents a workshop for classified staff. Due to the ongoing pandemic, we are continuing to assess innovative ways to hold the workshop. Regardless of how and when it occurs, the workshop will offer classified staff the chance to hear from engaging speakers, participate in activities, and, most of all, learn some new information and develop skills that will help with their work at UTHealth.

Please check the UCSC website for updates on when the summer workshop will be held as well as how to register your attendance.

As UTHealth responds to COVID-19, submit your questions and concerns to Bill Severson, UCSC chair, at william.b.severson@uth.tmc.edu.

UCSC supports students through the Educational Awards Program

Every year, the University Classified Staff Council (UCSC) offers the UCSC Educational Awards Program, a competitive, merit-based program that offers financial assistance for higher education to selected, eligible children of classified staff.

The UCSC believes that investing in today’s young people is an important part of improving the future. Whether these young people are interested in health care or another field, they are the leaders of tomorrow who will carry forward our pursuit of excellence and impact positive change for our communities. The UCSC Educational Awards Program assists them on this journey.

Funds from the program provide financial support for children of current, full-time classified employees at UTHealth through a competitive award process based on each student’s accomplishments, achievements, and their volunteerism, as well as their scholastic successes. As we all know, education is expensive, and these awards make a real difference in the lives of bright young people, some of whom go on to Ivy League schools.

This year, for the first time ever, UCSC has launched a crowdfunding page to raise support for these promising young minds. There are no administrative fees, so all of the money raised can be distributed as awards. Beginning with the 2006 awards, this program has helped 117 students and given back over $126,000 to our UTHealth families!

To be part of this exciting opportunity and support students, visit launch.uth.edu/project/18074.
Member Spotlight: Elizabeth ‘Liz’ Vinson
Performer, animal lover, dedicated state employee

BY DIANA PECINA
Senior Executive Assistant
Integrative Biology and Pharmacology

Elizabeth “Liz” Vinson, program manager, for the Center of Excellence on Mood Disorders has been a state employee for 10 years. Liz used to work for MD Anderson Cancer Center for a short period of time but has mostly spent her state service at UTHealth. Since joining the institution, Liz has been a part of the Louis A. Faillace, MD, Department of Psychiatry and Behavioral Sciences. While in that department, she has worked in several areas such as education, the chairman’s office, and now the UTHealth Center of Excellence on Mood Disorders. Liz was previously a senior executive assistant in psychiatry and an education programs coordinator in the same department.

Liz decided to join the University Classified Staff Council (UCSC) to gain a greater understanding of how the university as a whole works and to extend her professional networking. She said her department had not had a representative in a while so she decided to join the council to be able to bring back the news from UCSC. This is the second year that Liz has been serving on the council. The first year, she was a part of the Staff Development Committee and is now serving on the Staff Recognition Committee.

Outside of work, Liz is an absolute animal lover. She has a variety of animals including a German shepherd named Frida, two cats named Squidgy and Tallulah, and two goats named Rosie and Anna. In her spare time, she enjoys spending time with her animals, dressing up as celebrities and performing for fundraisers, and sometimes acting in small-scale productions. She also loves to hike and do yoga. Her favorite memory here at UTHealth was the graduation day from the Emerging Leaders Institute, where she enjoyed hearing from current and future leaders from our institution.
Across our UTHealth campuses, we have opportunities to utilize many audiovisual (AV) and interactive video (IV) services that are made available to us for our video conferencing solutions, desktop collaborations, and streaming media needs.

The following outlines a summary of a few of the most commonly used services at UTHealth. The three selected for this article are Webex, Panopto, and Cisco Meeting. Before we get into the nitty-gritty of these services, let’s review some basic AV and IV terminology. “AV” is the use of electronic media that uses both sight and sound, typically in the form of slides and recorded music. “IV” is a digital multimedia presentation that supports user interaction. IV normally refers to products and services on digital computer-based systems that respond to the user’s actions by presenting content such as video and audio.

To simplify, AV is the ability to give a presentation within a single room. IV is the ability to give presentations that may include attendees from various locations.

Cisco Webex is one of the most commonly used applications for video and audio collaboration here at UTHealth. Webex is an online meeting tool that allows you to virtually meet with other people. It is easily accessible via Outlook. UTHealth students, faculty, and staff are able to use this technology, free of charge, to schedule interactive online meetings between two and 1,000 people. If not already installed, contact your local-area network (LAN) manager to assist you with installation. You can also contact the Help Desk at 713-486-4848 to inquire about a recorded training class.

Panopto is a company that provides lecture recording, video streaming, and video content management software for UTHealth. As a UTHealth supported tool, Panopto’s video content management system (video CMS) is a fully operational service that helps to simplify the task of recording content, storing content, managing videos, holding live webcasts, presenting prerecorded video information, and more. Not only does Panopto capture student lectures, secure videos, and provide UTHealth with the ability to livestream, but it also provides a simple web-based editor. This software is often used in e-learning environments.

Cisco Meeting is a software phone system that provides the opportunity for multiple users to call into a central phone system for conference calls. Cisco Meeting can bridge the connection between phones and video conferencing. This allows a participant at another location to call in to hear and participate in a conference.

For more information regarding these interactive video applications, please contact your LAN manager to locate the AV/IV Services contacts for your institution.
Panelists address healthy habits at the University Classified Staff Council’s Brown Bag Session held in January.

UCSC Brown Bag Bag Session: Habits for Health

BY WILLIAM “BRYAN” HILLIER
Education & Information Resources Manager
Center for Education & Information Resources

On January 30 at noon, the Staff Development Committee of the University Classified Staff Council (UCSC) held a Brown Bag Session for university staff members. The session featured a variety of speakers who discussed healthy life choices focusing on nutrition and healthy eating, physical activity, and workplace activity and ergonomics.

Joy Cornthwaite, registered dietitian with McGovern Medical School at UTHealth and certified diabetes educator with UT Physicians Women’s Centers, and Cindy Lew, diabetes educator with UT Physicians, presented information on nutrition and physical activity at work. To begin the session, Joy talked about motivation - the “why” for changing your habits. Often this “why” is grounded in a health benefit, but before we begin this journey into wellness it’s beneficial to know what will push us past that cupcake or bag of chips on the counter. Joy spoke to us about some basic nutrition plans and methods. One was the “plate method,” which is a technique of dividing your plate into ½ non-starchy vegetables, ¼ carbohydrates, and ¼ protein. This is a good guide and a visual reference for eating a healthy meal. Joy also spoke about meal prep, which is a fantastic way to have a healthy ready-made meal that is your go-to nutrition for breakfast, lunch, or dinner. This helps us avoid last-minute food choices that may not be healthy. Joy told us about a helpful website on meal prep (https://mealpreponfleek.com/) and lastly discussed navigating workplace meals.

Cindy then took over and discussed physical activity at work. She talked about how many of us have a sedentary lifestyle at work, and then after a long day, we just don’t have the energy to exercise. Cindy talked about how we have the tendency to sit too much at work. She mentioned the importance of being mindful to get in some physical activity. She referenced the saying, “sitting is the new smoking,” which points to the fact that if you sit more than six hours without getting up every 30 minutes, your risk factors can be similar to someone who smokes! There was even an audience participation portion, where everyone got up and practiced simple workplace exercises. Cindy explained that there were ways to get moving at work and that there was even a National Get Fit Don’t Sit Day. She discussed easy ways to increase your movement throughout the day. These included having walking meetings, setting alarms to get up and move, walking to a colleague’s office instead of calling or emailing them, parking farther from the office, and taking the stairs. There was also a discussion about setting S.M.A.R.T (Specific, See BROWN BAG on PAGE 9
Measurable, Attainable, Relevant, and Timely) goals for changing your behavior. They discussed setting small goals in nutrition and activity that will lead to a better and healthier you.

The next presentation was given by Ann Lomeda, a safety specialist in the Office of Safety, Health, Environmental, and Risk Management. Ann talked about office ergonomics and how her group performs ergonomic assessments for employees who request one. She also discussed how to do an ergonomic self-assessment of our work areas. Ann mentioned that we should fit the task to the person, reducing the risk of injury and making it more comfortable in the workplace. There was discussion of repetitive motion causing discomfort as well as the amount of time we all sit in an office chair. She discussed how our posture can impact our discomfort and she stressed that we should use our core even when we are sitting down. She spoke about adjusting your computer screen, keyboard, and mouse to fit your body so you can be the most comfortable. She also mentioned that office chairs have numerous ways to adjust them to your body. These areas include seat height, seat pan depth (clearance from the back of your legs), seat pan tilt, seat back adjustment (which she said should not be locked), and armrests (which should not be used as elbow rests). Ann also explained that the keyboard and mouse should be on the same plane. Interestingly enough, wrist rests are not as beneficial as people think and could actually be causing you pain. Finally, there was a reminder that microbreaks are important and we all should get up and do some stretching or exercising for a few minutes every hour.

If you are interested in requesting an ergonomic assessment, please contact their office at 713-500-5832.

Anna Alvarado and Mudita Upadhyaya with the Wellness team spoke about the wellness programs that are available through our insurance plan and through our Employee Assistance Programs (EAP). Anna talked about Your Money Line (https://yourmoneyline.com/), which is free financial counseling that is available for anyone who wishes to call or email any financial questions that they may have.

There was also a discussion of the four new programs available through Blue Cross Blue Shield of Texas that we can use. They are listed below:

- **MDLIVE**: www.mdlive.com
  - Employees and their dependents have round-the-clock access to virtual doctor visits, provided by Blue Cross and Blue Shield of Texas and powered by MDLIVE. The service has a $0 copay and is designed for nonemergency health conditions. Doctors can virtually treat a variety of health conditions, including: allergies, asthma, behavioral health, colds and flu, ear problems, fever, nausea, pink eye, rash, and sinus infections. For more information about MDLIVE, contact a health advocate at 866-882-2034, call MDLIVE at 888-680-8646, or visit the MDLIVE website.

- **Omada**: www.omadahealth.com
  - If you have, or are at risk for, certain chronic health conditions such as diabetes, you may be eligible for this digital program that surrounds you with the tools and support you need to build healthy habits that stick. With Omada, you will get an interactive program that adapts to you, an Omada health coach to help keep you on track, a wireless smart scale to monitor your progress, a small online peer group for real-time support, and more. If you or your adult family members are enrolled in the UT SELECT health plan and are at risk for Type 2 diabetes or heart disease, the Omada program is included in your benefits. Contact a health advocate at 866-882-2034 for more information.

- **Livongo**: www2.livongo.com
  - Livongo helps make living with diabetes easier by providing you with a connected meter, unlimited free strips and lancets, and coaching. The program is provided to you and your family members with diabetes who are

See BROWN BAG on PAGE 14
‘The Challenge’ to be healthy

Every year for more than a decade, the people of Brownsville have been issued a challenge – specifically “The Challenge-RGV” – to improve their health by losing weight, and UTHealth School of Public Health stands beside them in support. This year marks the 11th year for the event, which is a collaboration between The City of Brownsville, the UTHealth School of Public Health - Brownsville, community partners, and sponsors.

Through The Challenge-RGV, the community is offered tools and opportunities to aid them in their journey to lose weight and make permanent lifestyle changes in pursuit of health. Through the years, such resources have included free access to gyms, exercise classes, health screenings, cooking classes, and fun run/walks during the event.

In total, over 11 years, the community has lost more than 21,000 pounds through The Challenge-RGV.

Below, you will find a recipe from American Heart Association that was featured in The Challenge-RGV 2020.

Mediterranean Salad

Ingredients

- 1 head lettuce (green leaf, red leaf or romaine), cut into thin strips
- 1 chopped cucumber (peeled if desired)
- ½ cup tomatoes (chopped)
- 15.5 oz. canned, no-salt-added chickpeas (garbanzo beans) (drained, rinsed)
- ½ red onion (finely sliced)
- ½ cup crumbled, fat-free, or, low-fat feta or shredded parmesan cheese
- ½ tsp. black pepper
- ½ tsp. garlic powder
- 2 Tbsp. extra virgin olive oil
- 2 Tbsp. red wine or cider vinegar

Method

1. In a large blow, toss lettuce, cucumber, tomatoes, chickpeas, cheese and onion.
2. In a small bowl whisk olive oil, vinegar, garlic powder and pepper.
3. Pour dressing over salad mixture and toss.

Recipe from American Heart Association
UCSC Spring Word Search

BABY
BOOTS
BRONC RIDING
CARDS
CARNIVAL
CHOCOLATE
CONCERT
DINNER
FATHER
FLOWERS
GRILL
HOUSTON
LILIES
MOTHER
MUTTONBUSTING
RODEO
ROSES
SHOPPING
TEXAS

Created by Puzzlemaker at DiscoveryEducation.com
Wellness tips: returning to your resolutions and keeping them attainable moving forward

BY ROBIN DICKEY
AND MUDITA UPADHYAYA
Employee Assistance Programs

“My New Year’s resolution for 2020 is to accomplish the goals of 2019, which I should have done in 2018 because I promised them in 2017 and planned them in 2016.” - Unknown

Sound familiar? Each year during the holidays, many of us reflect on our personal and professional goals, which leads to creating ‘lofty’ New Year’s resolutions. Once life gets back to the usual pace, and as we move away from the beginning of the new year, we tend to focus our attention on more urgent commitments.

So here we are in May. How have you done so far?

If you find that your focus has drifted away from your intentions for the new year, maybe it’s time we give our New Year’s resolution a reboot! Take some time to reassess your goals and the actions you can take to ensure your resolutions are achievable. Understanding the relationship between motivation, habits, and success is the key to forming new habits and sticking with them.

“Motivation can help you get started, but you need to create habits in order to be successful,” says Paul Marciano, PhD, author of “Carrots and Sticks Don’t Work.”

The best thing about creating new and healthy habits is that once you create them, it’s easier to stick with them even if you don’t feel motivated to accomplish them. Creating healthy habits as a goal is achievable if we follow the SMART model. Creating SMART goals means creating actionable steps that are: Specific, Measurable, Attainable, Realistic, and Timely.

- **Specific**: Instead of saying, “I want to eat healthier this year,” be more specific by saying something like, “I will eat five or more servings of fruits and vegetables three days a week.”

- **Measurable**: Find a way to track and measure your habits. For example, there are various online apps and food charts available to assist with achieving nutrition-focused goals. Consider adding an incentive for yourself when you achieve a milestone. Share your success with your family and friends.

- **Attainable**: Start small. The key is choosing one or two habits to change or build first. Once you are able to successfully do so, then it becomes easier to move to the next one. Link the reason for creating a new habit with a purpose in life. For example, rather than just, “I want to work on being more active this year,” consider, “I want to work on being active so that I can spend more time with my family outdoors.”

- **Realistic**: We all have limited time and resources, so choose one habit that fits with your availability and can make the biggest difference in your life. Leverage your old habits to attain new ones. For example, if you are in the habit of filling a large plate for dinner, consider using a smaller plate to control your portions more effectively.

- **Timely**: Create a realistic timeline for your new habits. Ask a friend, partner, or family member to team up with you to keep you accountable for your new habit and stay on track for your timeline. If you have a setback, take a moment to pause and reset, and then start with a new timeline toward your goal.

Finally, don’t beat yourself up if you procrastinated on your diet or missed a day at the gym because you were busy. Decide to improve from your slip-ups and get back on track. If you feel overwhelmed or unable to meet your goals on your own,

See WELLNESS on PAGE 13
consider seeking professional help. UTHealth’s Employee Assistance Programs and Wellness Programs may assist you by offering strategies as to how you can adjust your goals so that they are attainable and helping you change unhealthy behaviors and address emotional issues. Visit the website or call 713-500-3327.

Robin Dickey serves as Faculty Assistance Specialist. Mudita Upadhyaya serves as Senior Wellness Program Manager.

UTHealth wears red for heart disease awareness

BY FAITH HARPER
Communications Specialist
Office of Public Affairs

Hundreds of UTHealth students, faculty, and staff took to the streets to raise awareness for heart disease. Across the university, groups took walks around the Texas Medical Center in bright red clothing on National Wear Red Day, on Friday, Feb. 7. The National Wear Red Day campaign, started in 2003 by the American Heart Association and the National Heart, Lung, and Blood Institute, strives to raise awareness about heart disease. Each year, heart disease and stroke claim the lives of nearly 500,000 women in the U.S. On Friday, Feb. 7, the community joined together for a 10-minute walk as part of the UTHealth Heart Walk at various locations across campus to help raise awareness for heart disease. An estimated 350 people participated, and walked home with a collectible Heart Walk 2020 pin. At most locations, wellness ambassadors led the walks.

## Need resolution ideas?

### Check these out!

- Do one new thing a day
- Pick up a hobby
- Spend at least 20 minutes with urban nature, either at work or at home
- Get seven hours of sleep at night
- Hydrate
- Eat five servings of fruits and vegetables a day
- Nurture friendships
- Reduce screen time
- Conquer a fear
- Learn photography
- Carve out ‘me time’
- Cook more
- Spend more time with family
- Be more present
- Track your spending/impulse buying
- Participate in at least one of the wellbeing programs offered at your workplace
- Add a plant to your workspace

UTHealth employees across the university gathered in groups for the UTHealth Heart Walk in February.
VETERAN BREAKFAST — At the inaugural Rise and Shine Veteran Breakfast held on February 10, UTHealth honored heroes and thanked them for their military service. The event is part of the university’s ongoing commitment to fostering a veteran-friendly workplace.

BROWN BAG
Continued from PAGE 9

covered by the UT SELECT health plan. The Livongo meter is a connected device and gives real-time tips and automatically uploads your blood glucose readings, making log books a thing of the past. Livongo coaches are Certified Diabetes Educators who are available any time by phone, text, and mobile app to help give guidance on your nutrition and lifestyle questions. If you have any questions about this program, please call a health advocate at 866-882-2034 for more information.

Hinge Health: www.hingehealth.com

Hinge Health is a digital health solution to help you get relief from back, knee, and hip pain. The program is available at no additional cost to you and your covered dependents over the age of 18 who are enrolled in the UT SELECT health plan. Once enrolled in the program, you’ll be paired with a personal health coach who will be with you every step of the way and tailor the program to your needs. You’ll also get the Hinge Health Welcome Kit, which includes a free tablet and wearable motion sensors that give real-time feedback while you do exercises. The 12-week program takes 45 minutes per week. Call a health advocate at 866-882-2034 for more information.

Lastly, Sharlene Johnson, senior assessment and referral specialist with EAP, showed us the EAP Benefits website and discussed all the amazing resources we have available just by working at UTHealth. Explore these benefits by visiting the EAP website at https://inside. uth.edu/eap/employee-assistance/index.htm.

Communications Committee members:
Valerie Buchanan
Kristina Fern
William “Bryan” Hillier
Karen Hunter-Frierson
Trudy Jacobs
Diana Pecina
Sandy Southern
Jessica Vanderpool
Christina Villarreal

For additional information about the University Classified Staff Council, visit us at: www.uth.edu/ucsc