

*The following resources are available to all UTHealth faculty, staff, residents and fellows*

## February Wellness Newsletter 2021

### I Know What to Do but I Just Cannot Do It

There are messages everywhere about what to do when it comes to taking care of our health and well-being. The answers are all around us. They come from our healthcare provider, our mother, our partner, the billboard on the side of the road, the handout at the pharmacy, the mailer in your post box. If we don't know the answers to our wellness questions, we can easily turn to our favorite search engine and pull-up multitudes of scientific, experiential and anecdotal answers to any and all questions on our mind. Of course, there's also books, online videos, on-demand shows, podcasts and talk television to help us out.

So why aren't we reaching our goals? Maybe we're not even setting our goals. Why is that? Wherever our starting place, it's fair to say we are not suffering from a lack of information, we are suffering from a lack of something else. Is it motivation, time, energy, discipline, confidence, stick-to-itiveness? The answers to why you aren't taking action or sticking with your plan can only come from you and may be the key to unlocking many successes for you. Are you ready to go deeper and explore your WHY NOT or are you ready to see what is already available to you and take your next step toward turning your WHY NOT into action? Visit [UTHealth Faculty Assistance Programs](#) and/or [UTHealth Employee Assistance Program \(EAP\)](#) to browse, explore on your own or to speak with someone directly who can point you in the right direction call us at (713) 500-3327.



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### Celebrating American Heart Month & National Wear Red Day with UT System Heart Walk Feb. 5

[Employee Assistance Program \(EAP\)](#) encourages UTHealth students, faculty, and staff to make a virtual date with your team or gather your onsite UTHealth team for UT System Heart Walk at 10 a.m. on Friday, Feb. 5, to walk, run, or skip for American Heart Month. Feb. 5 is also National Wear Red Day, so spruce up your work-from-home outfit with some red to get in the spirit.

The initiative includes walking together for 10-30 minutes to celebrate and create heart health awareness.

All participants can receive a 2021 Heart Walk commemorative pin. Email a collage of your group activities in their red gear to [wellness@uth.tmc.edu](mailto:wellness@uth.tmc.edu), and provide a head count for the Wellness Office to send your team captain/organizer this year's Heart Walk pins to distribute to your group.

We will forward your collage to be featured on the UTHealth social media accounts.



## February Virtual Meditation Sessions

**Wednesday, Feb 3**

12:00pm - 12:15pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 952 424

**Thursday, Feb 4**

4:15pm - 4:30pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 065 284

**Wednesday, Feb 10**

12:00pm - 12:15pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 952 424

**Thursday, Feb 11**

4:15pm - 4:30pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 065 284

**Wednesday, Feb 17**

12:00pm - 12:15pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 952 424

**Thursday, Feb 18**

4:15pm - 4:30pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 065 284

**Wednesday, Feb 24**

12:00pm - 12:15pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 952 424

**Thursday, Feb 25**

4:15pm - 4:30pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 065 284

# Your Money line

POWERED BY PETE THE PLANNER®

*I am doing well financially. How can I build wealth?*

*I'm drowning in credit card debt. How do I pay it off?*

*It feels like I'll have student loans forever. Can you help me make a payoff plan?*

*I want to plan ahead for my kids' college education. Where do I start?*

*Can you help me decide if I am ready to buy a house?*

These questions and more can be answered by *Your Money Line*, providing unlimited **FREE** access for every employee and their immediate family.

**Free** access to personal finance experts via phone, email, scheduled calls, or live chat.

[More information](#)

[Introductory Video](#)

100% confidential

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**Diabetes Prevention Program Webinar – Information Session**

# You Can Prevent Type 2 Diabetes

## with the **PreventT2 Program**

Spaces are open for a yearlong virtual support group for University of Texas employees who are at risk for developing type 2 diabetes. The support group is part of the Center for Disease Control's National Diabetes Prevention Program (NDPP). The goal of the NDPP is to help participants lose 5% to 7% of their initial weight and incorporate 150 minutes of physical activity each week. The information session will cover details about the program and identify if you are eligible. It is free for all employees to attend.



### **Information Session**

Thursday February 4th, 2021

11 AM – 11:30 AM

Please register for this webinar by clicking this link:

<https://uthealth.webex.com/uthealth/onstage/g.php?MTID=ed1def2f4360c7889ddf49c94284fadf4>

Please contact [Darrine.Abouchelleih@uth.tmc.edu](mailto:Darrine.Abouchelleih@uth.tmc.edu) or 713-500-3478 if you have any questions.

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