

Employee Assistance and Well-being Programs

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

September Wellness Newsletter 2021

Ensuring a Successful Return to Work & School Recently hosted by UTHHealth's Care.com



This year, the return to work and school looks and feels different than in years past. Both parents and kids may be stressed and anxious about how to approach this “new normal.” Avni Patel Thompson, the founder and CEO of Milo, recently shared a framework about how to think about this new reality, planning tips, and how to divide household duties so the mental load feels equitable and manageable. Thompson is a third-time founder, building technology solutions that make every day parenting lighter and more connected.

[View the Presentation](#)

[View UTH Parenting & Childcare Resources](#)

[Explore All Presentations](#)

Call us directly at (713) 500-3327 or visit us at go.uth.edu/wellbeing.

Virtual Meditation Sessions



Recent studies have offered promising results about the impact of meditation in reducing blood pressure. There is also evidence that it can help people manage insomnia, depression and anxiety. Some research suggests that meditation physically changes the brain and could help:

- increase ability to process information
 - slow the cognitive effects of aging
 - reduce inflammation
 - support the immune system
 - reduce symptoms of menopause
- control the brain's response to pain
 - improve sleep

SOURCE: American Heart Association

Join us for a 15 minute break at these times:

Mondays

12:00pm - 12:30pm

[Join Zoom Session](#)

Wednesdays

12:00pm - 12:15pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 952 424

Thursdays

4:15pm - 4:30pm

[Join WebEx Session](#)

Join by phone: 1-844-621-3956

Access code: 803 065 284



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 pay-off 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

Schedule a time to talk to Your Money Line's Financial Concierge team.

Confidential. No cost. No sales.

Call now: **833-890-4077**

[Or schedule an appointment here](#)

Virtual Yoga Offered by UTH School of Public Health



No Charge

Sept 7 – 28 @ 12 noon – 1 PM

[Join Zoom Meeting](#)

Meeting ID: 885 6519 7731

Passcode: 947367

More info: Zhiling.Wu@uth.tmc.edu

Wellness Kiosks Being Decommissioned



The eight wellness kiosks located throughout various buildings on the UTHealth TMC campus will be decommissioned in the month of September. No replacement units are planned at this time. You are encouraged to consult with your primary care provider and/or UT Physician for monitoring your blood pressure, heart rate and weight.

We apologize for any inconvenience.

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