

## Employee Well-being Newsletter

JULY 2023

Employee Assistance and Well-being Programs

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



Peter Dunn, a.k.a. Pete the Planner  
Your Money Line

[Listen to Episode 19](#)

### July - Well Connected Podcast

*Financial well-being*

*How the economy can affect households*

- What is recession and what do we need to know?
- How do interest rates affect my daily living?
- In what way does the economy impact job security?

Listen as **Peter Dunn a.k.a. Pete the Planner®** helps us connect-the-dots between what's going on in the economy and how it affects our lives.

Pete is a USA TODAY columnist and the author of ten books. He is the host of *The Pete the Planner Show*, a popular radio show and podcast. Pete has appeared regularly on CNN Headline News, Fox News, Fox Business as well as numerous nationally syndicated radio programs.

Podcast available on [Apple](#), [Google](#) and [Spotify](#).



[Employee Assistance Program](#)

[Headway](#)

[MDLive](#)

### Mental Health Resources - Options for You

- **UTH Employee Assistance Program (EAP)** - Open to all UTHealth faculty, staff, residents, and fellows regardless of whether you are on UT Select benefits plan or not. Five (5) free visits per issue. Call for a list of providers that fit your needs, then schedule your appointment! Private & confidential. (713) 500-3880: Faculty, residents, fellows (713) 500-3327: Staff, dependents, retirees
- **Headway** - for UT SELECT and UT CONNECT members. An appointment app where you can type in your criteria, choose a provider, view the co-pay amount, see immediate appointments and select your time slot. Most people are able to schedule an appointment within a week. Try it out at [headway.co](#).
- **MDLive** - virtual behavioral health visits for UT SELECT and UT CONNECT members. Check your Benefits book for availability and cost or call Customer Service numbers on the back of your Blue Cross/Blue Shield Texas (BCBSTX) member ID card.
- **Learn to Live (L2L)** is a behavioral health

Learn to Live

digital platform available to UT SELECT and UT CONNECT members which offers condition-specific programs, each delivered in a user-paced multimedia experience. Services are also available on demand with the option for one-to-one clinician coaching services.

# Do You Know?

My Life Values site

Login: uth Password:  
uth

## Do You Know...

...faculty, staff, residents and fellows have access to a free 30 minute consultation with an attorney and 25% off legal services through our work-life wellness resource, *My Life Values* (excludes work related legal issues.) Visit the link and click Services, then scroll down to Legal & Financial on the left of page. You may also call 713-500-3327.



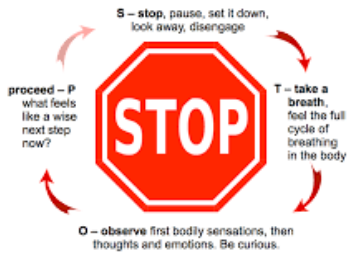
## Tools to Shift from Reaction to Response *Including the STOP practice, among others*

### 15 Minute Virtual Meditation

Focus for this month: **Response vs. Reaction**

### The STOP practice

*Feeling alarmed?  
Stressed? Reactive?  
Stop!*



Mon Link

Wed Link

Thurs Link

On demand

Mondays

12:00pm - 12:30pm

In person @ 12 noon JIL 454

Wednesdays

12:00pm - 12:15pm

Join by phone: 1-844-621-3956

Access code: 803 952 424

Thursdays

4:15pm - 4:30pm

Join by phone: 1-844-621-3956

Access code: 803 065 284

Can't make it to one of these sessions?  
We have On Demand sessions available!

Meditation leader

Alejandro Chaoul, PhD

*Huffington Foundation Endowed Director*

**The Jung Center's Mind Body Spirit Institute**

*Adjunct Faculty, UT Medical School and MD Anderson Cancer Center*

Employee Assistance and Well-being Programs  
713-500-3394 or email [wellness@uth.tmc.edu](mailto:wellness@uth.tmc.edu)