

Employee Well-being Newsletter

JUNE 2023

Employee Assistance and Well-being Programs

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



Alejandro Chaoul, PhD
Huffington Foundation Endowed Director
The Jung Center's Mind Body Spirit Institute
Adjunct Faculty, UT McGovern Medical School and
MD Anderson Cancer Center

[Listen to Episode 18](#)

June - Well Connected Podcast

Reconnecting our Mind & Body

Alejandro Chaoul demystifies the practice of meditation and offers practical and relatable ways to use meditation in health, healing, calm and peace.

Ale Chaoul, PhD is a scholar, researcher, author, teacher, and educator. For over twenty years, Ale has researched and taught mind-body techniques to help relieve stress and support wellbeing throughout the community, including at MD Anderson's Integrative Medicine Program and other educational, health care, and nonprofit organizations.

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



[Apply June 12-25](#)

Wondr Health 2023 Summer Class

Online weight management and lifestyle program

UT Select & UT Connect/BCBSTX Benefits plan members

Wondr is a 100% digital weight loss program that teaches clinically-proven skills through weekly master classes. Program is available to all UT SELECT, UT CONNECT, and UT CARE medical plan members 18 yr. and above, including employees, retirees, spouses, and dependents who have not started a class within the last 12 months.

- Application Period: **June 12 - June 25, 2023**
- Acceptance sent **June 30, 2023**
- Program start date: **July 10, 2023**

 BlueCross BlueShield of Texas 



[Log in to your BCBSTX account here](#)

New Members - Join the Fitness Program in June

Maintain membership for 2 months, get 3rd free

UT Select & UT Connect/BCBSTX Benefits plan members

Take advantage of this special promotion during June for eligible new members of the Fitness program.

Sign up from June 1 to June 30 and get access to over 8,000+ locations nationwide when you enroll in any program package and stay with the program a minimum of three months.

- To enroll, log in to Blue Access for MembersSM (BAMSM) at bcbstx.com/ut and search for the Fitness Program under Wellness.
- Click on Learn More. You will need to enter

code JUNEPROMO23 during enrollment to to get one month free before June 30.

- If you have any questions or prefer to enroll over the phone, call 888-762-BLUE (2583) Mon- Fri, 7 a.m. and 7 p.m. CT

Do You Know?

Caregiver Support Group

Grief Support Group

Do You Know...

...faculty, staff and dependents have access to a virtual free **caregiver support group** and **grief support group** run by a credentialed mental health practitioner. Visit the links or call 713.500.3327.



Mon Link

Wed Link

Thurs Link

On demand

15 Minute Virtual Meditation

Focus for this month: **Visual Journey**

Mondays

12:00pm - 12:30pm

In person @ 12 noon JLL 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

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Anderson Cancer Center

Employee Assistance and Well-being Programs
713-500-3394 or email wellness@uth.tmc.edu

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