

Employee Well-being Newsletter

March 2023

Employee Assistance and Well-being Programs

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



March Well Connected Podcast

The Evolving Use of Tobacco & Related Products

In this episode, Jennifer Cofer and Alex Hurst from MD Anderson's End Tobacco Program, discusses the ever evolving landscape of tobacco products and how tobacco cessation efforts are adapting to these changes. We take a closer look into the social and cultural influence of tobacco use and the effectiveness of tailored intervention programs.

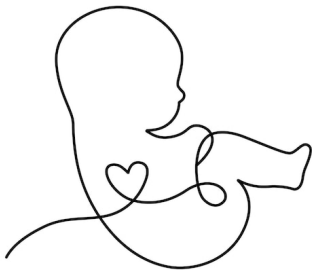
Podcast available on [Apple](#), [Google](#) and [Spotify](#).

Jennifer Cofer, MPH, CHES
Director, EndTobacco[®] Program
The University of Texas MD Anderson Cancer Center

Alex Hurst, MHA
Program Director, EndTobacco[®] Program
The University of Texas MD Anderson Cancer Center

Listen to Episode 15

Progyny Fertility & Family Building Benefits



Learn More

The Progyny benefit offers UTSelect Medical Plan members an inclusive and comprehensive treatment coverage leveraging the latest technologies and treatments, access to high-quality care through a premier network of fertility specialists, and personalized emotional support and guidance from dedicated Patient Care Advocates (PCAs).

Your Progyny coverage includes:

- 2 Smart Cycles
- Progyny Rx (integrated fertility medication coverage)
- Fertility preservation (Egg and sperm freezing)
- Donor tissue (egg and sperm coverage)

Contact your Progyny Patient Care Advocate at (844) 535-0711 to learn more.

Do You Know?

[Discount Website](#)

Do You Know...

... faculty and staff may take advantage of exclusive discounts on goods and services through several local, state and national discount programs available to UTHealth Houston employees.



Spring Forward

The new Living Well Platform brings you the UT System Physical Activity Challenge, *Spring Forward*. It begins Monday, April 3 and ends Sunday, April 30. This season's 4-week challenge is a team challenge where participants will create a team of 3-5 members. Track your daily steps/ physical activity to help your team reach the challenge goal.

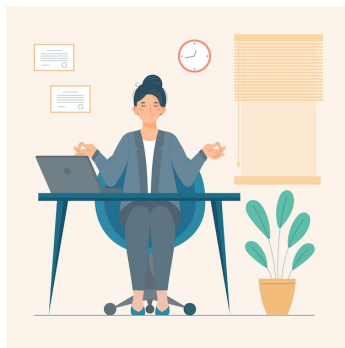
How to Join

Step 1: Register on the new Living Well Platform
Step 2: On April 3, you will be able to join the Fall into Fitness challenge on the Living Well Platform to start earning points

Weekly Rewards TBD

Join today and help us keep the traveling trophy this season!

[Living Well Platform](#)



[Mon Link](#)

[Wed Link](#)

[Thurs Link](#)

[On demand](#)

15 Minute Virtual Meditation

Focus for this month: **Guidance and Clarity**

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

Huffington Foundation Endowed Director

The Jung Center's Mind Body Spirit Institute

Adjunct Faculty, UT Medical School and MD Anderson

Employee Assistance and Well-being Programs
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