

Employee Well-being Newsletter

SEPTEMBER 2023

Employee Assistance and Well-being Programs

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



John P. Higgins, MD, MBA (Hons), MPHIL,
FACC, FACP, FAHA, FACSM, FASNC, FSGC

September podcast

Fitness for the heart

Listen as Dr. Higgins shares his insights on ways to work aerobic activity into everyday life. He also shares tips and cautions for training for the Houston Half Marathon/10K race, sponsored by UTHealth Houston on Oct 29.

Dr. Higgins is Professor of Medicine at The McGovern Medical School and the Senior Cardiologist at Lyndon B. Johnson General Hospital, among many other accomplishments.

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

[Listen to Episode 21](#)



New back-up and emergency caregiver (child and adult) benefit offered by UTHealth Houston

Reasons you may need Bright Horizons

Your clinical schedule changes at the last minute and you have to work overnight. Your child care provider isn't available.

You are the primary caregiver for your aging mother and you need respite.

Your child's daycare is closed for a week and you have a new program to launch the same week. Your schedule is packed.

- 10 days/fiscal year (Sept 1-Aug 31)
- 7/hr. - In-home copay (for all ages, children and adults)
- \$20/child/day and \$35 max/day - In-center child care (for children)
- Fully paid subscription to SitterCity.com
- Primary Care - Preferred enrollment
- Academic Support & Enrichments

[Register & explore Bright Horizons](#)

[Questions? Call Bright Horizons](#)

[Review program details](#)

[Email us](#)

Join the UTHealth Houston Half

Marathon/10K race team



Scan to register!

- Join the UTHealth Houston team and get a team race shirt to wear on race day!
- Scan the QR code to access registration link. Search for our team: **UTHealth Houston (faculty, staff, residents and fellows)**
- Use your UTHealth Houston email address to register so you can access the discount
- Use the exclusive discount code, **UTH10**, for UTHealth Houston employees only.
- Take advantage of **free** training tips provided by the professional training team at the UTHealth Houston Recreation Center.
- Book a session with a personal trainer or join the Recreation Center to train in cooler temperatures (fees apply but a discount may also apply.)

This is the first year UTHealth Houston is the signature sponsor for this event, so let's show-up to race together in mass!

[More details](#)

Do You Know?

New!
Single number access to confidential mental health services.

713-500-9888



[Learn more](#)

Do You Know...

...The UTHealth Houston community now has a single number to quickly access confidential mental health services.

The UTHealth Houston Mental Health and Well-being Line is live, and can be reached by dialing 713-500-9888.

Get to know the UTHealth Houston Mental Health and Well-being Line

Dial 713-500-9888

- Students: Press 1
- Faculty: Press 2
- Staff: Press 3
- Residents and fellows: Press 4
- For options in Spanish: Press 9

Save the number in your phone for easier access to resources.

The science of enjoying bacon and eggs.

Finally, a skills-based digital weight loss program where you can eat what you love, and still lose weight.

Learn more at wondrhealth.com/LivingWell

Apply between 8/28/2023 - 9/10/2023.

The program begins 9/25/2023.



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Apply



NOTE: TWO CHANGES

1. We are sorry to inform you that Thursday 4:15 pm meditations are being **discontinued**. Please join us Mondays & Wednesdays
2. Below is a **NEW** link for Wednesday meditations

Mon Link

Wed link

On demand

15 Minute Virtual Meditation

Focus for this month: **Meditation to energize**

Mondays

12:00pm - 12:30pm

In person @ 12 noon JIL 454

Wednesdays

12:00pm - 12:15pm

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

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