

## Employee Well-being Newsletter

February 2024

Employee Assistance and Well-being Programs

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

### February wellness is all about the heart!



View all February Heart Month  
Activities

#### Wear Red Feb 2 American Heart Month

Wear red and send us your photos by noon to [socialmedia@uth.tmc.edu](mailto:socialmedia@uth.tmc.edu).

On Friday, Feb. 2, the university encourages everyone to participate in National Wear Red Day by donning red clothing. Whether working remotely or on-site, the community is invited to send their photos to [socialmedia@uth.tmc.edu](mailto:socialmedia@uth.tmc.edu) by noon to collectively “paint” UTHealth Houston red.



Jason Yu, PhD, Clinical Assistant Professor  
McGovern Medical School, Louis A. Faillace Department of  
Psychiatry and Behavioral Sciences

#### February podcast Mental Health Coaching: How it Works, Benefits, and More

Listen as Dr. Jason Yu shares his insights about how speaking with a therapist can help provide self-understanding and direction to dealing with everyday life situations.

Topics:  
*Sleep*  
*Appetite*  
*Productivity*  
*Concentration*  
*Self-improvement*  
*Time Management*  
*Career and Purpose*  
*...and more!*



Listen to Episode

Available on [Apple](#) and [Spotify](#)



## February 9th - Join the 2024 Heart Walk

DATE | February 9, 2024

TIME | 10 minutes @ 10 am (or whenever is convenient to your schedule)

WHAT | February is American Heart Month. At 10 am on February 9, 2024, members across UTHouston and all our UT System institutions will gather in person and virtually for the sixth annual Heart Walk.

Walk in recognition of American Heart Month  
Wear red and post your pictures on the Well Connected Teams Channel  
or send to [wellness@uth.tmc.edu](mailto:wellness@uth.tmc.edu)

Heart Walk locations if you want to join a group



Meet Fri, Feb 9 @ 10 am

Building	Meeting Location
Behavioral and Biomedical Sciences Building	Across the street from the BBSB (East Road) by the B-Cycle racks
Dunn Behavioral Sciences Center	In front of the Therapy Mall
Harris County Psychiatric Center	1 <sup>st</sup> floor by the Elevators
McGovern Medical School	Webber Plaza
Operations Center Building (OCB)	Parking Lot A by Employee Entrance
Recreation Center	Front Entrance
School of Dentistry	Across the street from the SOD (East Road) by the B-Cycle racks
School of Public Health	1st floor by Security Desk
School of Public Health San Antonio	Holding theirs a week early 2/2 Contact <a href="mailto:Melissa.E.Garcia@uth.tmc.edu">Melissa.E.Garcia@uth.tmc.edu</a>
University Center Tower	1st floor by Security Desk
UT Professional Building	Fannin Street Entrance
UT Physicians Orthopedics Pearland (start time 12:30pm for this clinic only)	Surgery Center Entrance

## Take our poll



I WOULD LIKE THE WELLNESS TEAM TO PROVIDE MORE INFO ABOUT (choose one):

Engaging in fitness activities

Caring for my emotional/mental health

Developing healthy and smart financial habits

Creating healthy environments (space for working and living)

The value of my additional interests outside of my job

Spirituality as a connection to reaching my purpose in life

How to connect with others for a meaningful social life

Understanding "fit" in my job/career and finding ways to enhance it

Finding my own level of work/life balance

No changes - the current information is fine



**KNOW & USE  
YOUR BENEFITS**

### **Preventive Health Leave 8 hours for preventive self-care**

UTHealth Houston employees are eligible for up to eight hours of leave per fiscal year for scheduled preventive health care appointments for themselves or immediate family members. The eight hours must be used each fiscal year and do not roll over.

Learn more by reading HOOP Policy 113

HOOP Policy  
113

**15 Minute *Meditations for the Heart***



Meditation Leader: Alejandro Chaoul, PhD  
Huffington Foundation Endowed Director  
[The Jung Center's Mind Body Spirit Institute](#)  
Adjunct Faculty, McGovern Medical School at UTHealth  
Houston and  
MD Anderson Cancer Center

Monday  
link

Monday is a hybrid session  
@ 12-12:30 pm  
Location: JIL-454

Wednesday link

Wednesday is a virtual session  
12-12:15 pm

## New year, new you. Time to set new goals!

Kick off the new year on a high note by getting a head start on your financial resolutions! Our financial resources are here for you to make it easy by offering online tools, engaging educational content, and endless, personal sessions with our accredited Financial Guides.

**Login and reach out to our team of experts today!**

### Get free 1:1 help today!



Call our Guides at  
833-890-4077



Reserve a phone call at  
[yourmoneyline.com/schedule](https://yourmoneyline.com/schedule)



Email them at  
[answers@yourmoneyline.com](mailto:answers@yourmoneyline.com)



Live chat with our Guides at  
[yourmoneyline.com/uthhealth](https://yourmoneyline.com/uthhealth)

YOUR  
MONEY  
LINE



Visit our Website

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

 UTHealth Houston

University of Texas Health Science Center at Houston | 7000 Fannin Street, Suite 1670, Houston,  
TX 77030

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