

## Employee Well-being Newsletter

January 2024

Employee Assistance and Well-being Programs

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



Patricia Hinojosa, Executive Director, Payroll & Benefits

Jennifer Figueroa, Assistant Director, Benefits

[Listen to Episode 25](#)

### January podcast

#### **Part 2 - Preparing for Unexpected Life Events**

Listen as Patricia and Jennifer share their insights about how our Benefits are affected by certain life events. They offer tips on how to avoid pitfalls with our Benefits.

Topics:

*Who needs Short-Term & Long-Term Disability Insurance?*

*What is the Family Leave Pool?*

*What happens to my Benefits if I need to take Leave Without Pay?*

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



### Scenario

*What if you or your dependent suffer a catastrophic medical situation and you have to be off work for an extended period of time and you run out of leave?*

You may be able to access the UTHealth Houston Sick Leave Pool to gain some additional sick leave. Employees can donate sick time to a pool, and those who need it can apply to use those hours to recover from a serious illness or care for a seriously ill loved one.

[Learn more](#)



## 15 Minute Virtual Meditation

Focus for this month: New Year Visualizations

Monday link

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

Wednesday link

Wednesday is a virtual session  
12-12:15 pm

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*



POLL: I have participated in one of the meditation sessions & felt it was calming & peaceful.

Yes

No



LivingWell  
make it a priority

# This year, say yes to you.

Reimagine New Year's resolutions and make a lasting change with Wondr—a digital weight loss program tailored to you.

**Jan G.**  
wondr PARTICIPANT



## Space is limited.

Learn more at  
[wondrhealth.com/LivingWell](http://wondrhealth.com/LivingWell)

Digital weight loss program  
No out-of-pocket cost for UTSelect & UT Care medical plan members

**Apply January 8-21**  
**Start February 5**

[Learn more](#)

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

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