



wellness+

At UMC Health System, we know that good health is created by more than the foods we eat or the number of steps we walk each day. In order to truly thrive in our personal and professional lives, we need to embrace all elements of wellbeing: physical, emotional, spiritual, community, financial and career.

Taking care of you so you can take care of others.

PHYSICAL wellness

- Partial Gym Membership
- Replenishment Lounge
Nutritional needs met 24/7
- 24/7 Urgent Care Clinic & Telemedicine

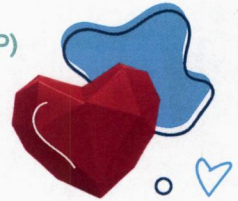
- Wellness App
*Annual Health Questionnaire
Annual Physical Assessment
Quarterly House-Wide Replenishment Challenges with Incentives
University Courses*



EMOTIONAL wellness

- On-Site Counseling (EAP)
- Peer Support Team
- Tranquility Room
- Employee Replenishment Events

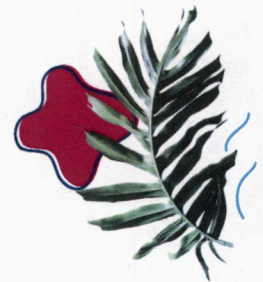
- Employee Assistance Program (EAP)
- Rewards and Recognition Events
- UMC Includes Me
- Telepsychiatry (Amwell)



SPIRITUAL wellness

- Replenishment Studies
*The Common Rule
Bring Your Soul to Work
24/6*
- Blessing of the Hands
- No One Dies Alone

- Memorial Boxes & Letters
- Ministry Minutes
- On-Site Prayer Meetings



COMMUNITY wellness

- Community Service Projects
Ramp Building, Soup Kitchen, Habitat for Humanity
- Community Sponsorship
ADA, March of Dimes, AHA Walk
- Internal Sponsorship
Thirty Minute Club

- Board Membership
Over 30 Community Agency Boards
- Adopt-A-School (Brown Elementary)
- Community Education Events
UMC EMS & Trauma Services

