

WELLNESS *Update*

liveWELL™



Wondr Health is a 100% digital weight management program that focuses on lifestyle behavior changes to meet the needs of our employees, especially those with on-the-go lifestyles and a 24/7 work environment. This program can be done anytime, anywhere.

Application window: July 22 - August 5, 2024

Program starts: August 12, 2024



Men's Health Team

Healthy habits are no mystery, but it can still be challenging to do them consistently. Our Men's Health Group is designed to help you see more success with your healthy habits. Register for the four-week program! Tuesdays from 12:15-1:00 pm via Zoom

- August 6, 13, 20, 27

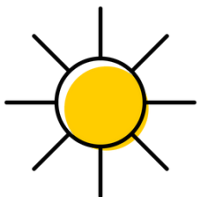


Childcare Subsidy

- The UI Student Childcare Subsidy program provides financial assistance to eligible undergraduate and graduate students with childcare expenses.

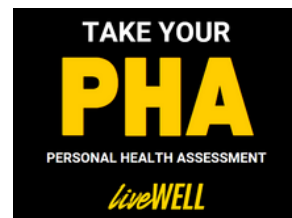
New Parent Resources

- A letter to new parents sent monthly by University Human Resources now includes a coupon to the University of Iowa Health Care Safety Store, which can be used to receive a free Halo swaddle or sleep sack.



Sunscreen plays a significant role in protecting the skin from harmful ultraviolet (UV) radiation. Read about how you can protect your skin against this August sun on the liveWELL News Page.

For full details on our August updates, scan the QR code.



liveWELL inspires a culture of well-being and campus excellence, providing employees with the opportunity to thrive.

IOWA

University
Human Resources

→ [HR.UIOWA.EDU/EMPLOYEE-WELL-BEING](https://hr.uiowa.edu/employee-well-being)

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