

Irish Health

... for your well-being



INSIDE

Health screenings

Irish Health fair to showcase eight dimensions of well-being



community. The alignment, which includes a focus on eight dimensions

Wellness vs. well-being

BY OFFICE OF HUMAN RESOURCES

The Office of Human Resources

Student Well-Being have partnered

to align how the University promotes the well-being of the campus

of well-being, will be featured at the

Irish Health faculty/staff benefits and

and the McDonald Center for

What's the difference between

wellness fair on Oct. 18 and 19.

wellness and well-being? "Being well means more than just being healthy," says Denise Murphy, human resources director of benefits and wellness. For most, "wellness" connotes physical health, while "well-being" is a more holistic term that includes a positive outlook and satisfaction with life.

"There are many dimensions to well-being, and we are only truly well when each is in balance," Murphy says. For example, while we may be physically and mentally fit, we are not in a balanced state of well-being if we also have money problems or lack genuine social connections.

Because well-being is a better reflection of overall living conditions,

HR BENEFITS SPECIALISTS

Notre Dame benefits specialists

December to help you with benefits-

related questions. Are you... a new

employee with benefits questions?

...changing your benefits due to a

life event? ...considering taking leave

for surgery? Drop by for specialized

assistance with these or any other

benefits-related questions. No

appointment needed.

are available bi-weekly through

OFFER DROP-IN

ASSISTANCE

it has become a yardstick of choice for such public health organizations as the CDC (cdc.gov/hrqol/ wellbeing.htm).

Well-being at Irish Health

Faculty and staff who have attended past Irish Health events may recall receiving a handout

describing seven dimensions of wellbeing: physical, emotional, spiritual, social, environmental, intellectual, and financial. This year, an eighth dimension -- occupational -- has been added to remind faculty and staff that a well-nurtured career also contributes to one's well-being.

"The focus of this year's Irish Health event is to show faculty and staff how they can manage all eight dimensions of their well-being using benefits and programs available to them at Notre Dame," says Murphy.

The gymnasium-filling event will feature over fifty benefits vendors, campus partners and programs relating to all eight dimensions of well-being. Representatives from each will be available to discuss their programs and answer questions.

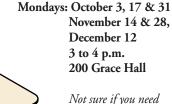
Faculty and staff who attend may also take advantage of on-site health screenings, refreshments and chair massages. Several lucky attendees will win door prizes including Fitbits, an Apple sport watch, a \$500 SpinZone gift certificate and more.

Irish Health will be held at Rolfs Sports Recreation Center on Tuesday, Oct. 18, from noon-7 p.m. and Wednesday, Oct. 19, from 7 a.m. to noon. For more information, visit **hr.nd.edu**, or contact askHR at (574) 631-5900 or askHR@nd.edu.

News Briefs

TREADMILL DESK AVAILABLE TO CAMPUS OFFICES

You don't have to wait until lunch to get your steps in: the Office of Human Resources has a treadmill desk that any campus office can request to have placed on-site. Placement duration is approximately two months, and is first-come, first-served pending office/manager approval. The host office must be able to provide a computer for use at the desk. Ready to get walking? Your first step is to contact askHR at (574) 631-5900.



Not sure if you need the expertise of a benefits specialist? Start with askHR. Our customer service reps stand ready to help you with almost any Notre Dame employment-related matter. Contact askHR at 574-631-5900 or askHR@ nd.edu.

CHILDREN'S EDUCATIONAL **BENEFITS INFORMATION SESSIONS**

Learn more about the educational benefits offered by the University for children of eligible faculty and staff at one of these two information

Wed., Oct. 5 or Tues., Nov. 1 7 p.m. **Eck Center Auditorium**

ND VOICE MARKS 10 YEARS

ND Voice 2016 marks the tenth anniversary of Notre Dame's biennial employee engagement survey. This confidential survey asks your opinions on workplace topics such as training, pay and benefits, respect and fairness, and more. Your feedback helps the Notre Dame workplace — and your department — be the best it can be. Watch for more information about the 2016 survey, available Monday, Oct. 10.

STAFF DIVERSITY **DISCUSSIONS TO EXAMINE CIVIL DIALOGUE, MICROAGGRESSIONS**

Diversity Discussions, the Fall 2016 staff diversity and inclusion discussion series, presents an opportunity for all Notre Dame staff to share experiences and ultimately make the University a more diverse and inclusive place where everyone can do their very best work.

Coming up: Civil Dialogue: How to more easily have difficult conversations Thursday, October 6 2 to 4 p.m. South Dining Hall Oak Room

Microaggressions: What are they, and is there a cure? Thursday, November 10, 2016 2 to 4 p.m. South Dining Hall Oak Room (upstairs)

For additional topics and more information, visit hr.nd.edu.

ON-CAMPUS HEALTH SCREENINGS ARE UNDERWAY

This free, confidential health screening tells you where you stand on such indicators as blood pressure, cholesterol, body mass index, and more. Benefit-eligible faculty and staff who complete a screening by Nov. 4 will receive an automatic \$180 credit. Faculty/staff whose eligible spouse completes a screening by Nov. 4 will receive an additional \$96 credit.

Upcoming dates:

- Wellness Center (night shift) Wed., Oct. 5 9 p.m. to midnight
- Library Concourse Wed., Oct. 12, 7 a.m. to 1 p.m.

See the full schedule and FAQs at http://hr.nd.edu/benefits/ screenings/. To schedule your appointment, call askHR at 631-5900.





Faculty/Staff **Benefits & Wellness Fair**

Tuesday, October 18, noon – 7 p.m. Wednesday, October 19, 7 a.m. - noon **Rolfs Sports Rec Center**



PRIZES

- Apple Watch
- \$500 @ Spin Zone
- FitBit
- Restaurant Gift Certificates
- ...and many more

- 50+ benefits/wellness vendors
- Chair massages
- Refreshments
- Health screenings by Memorial
- Open Enrollment assistance
- Mobile Mammogram Unit
- Vision/hearing screenings
- Wellness coaching





There are eight categories of well-being, and we are well when each is in balance. Come learn about benefits and prorgams to help you

Free Flu Vaccines

for eligible faculty, staff, spouses, and dependents



Two locations:

Stepan Center

- For part time (regular) faculty/staff
- For full time, benefit-eligible faculty/staff and their enrolled* spouses/dependents

Wed. Sept. 28, 12 noon - 9 p.m. Thurs. Sept. 29, 9 a.m. - 7 p.m. Fri. Sept. 30, 9 a.m. - 5 p.m.

ID required:

- Faculty and staff must show campus ID card.
- Dependents of high school age and up must show photo ID (such as school or state-issued ID).

*Spouses/dependents must be currently enrolled in a Notre Dame medical plan; children must be accompanied by parent.

No appointment necessary.

Notre Dame Wellness Center

For full time, benefit-eligible faculty/staff and their spouses/dependents

Available by appointment

For appointments call 574-634-WELL.





Privacy Notice: The Notre Dame Wellness Center is managed by Premise Health, which assures privacy of all interactions and healthcare services at the Wellness Center by maintaining patient medical records in accordance with stringent and well-documented security standards, as well as in compliance with all applicable state and federal laws.

For more information, visit wellnesscenter.nd.edu, or call askHR at (574) 631-5900.

