About Us

Well-U is an award-winning employee wellness program. Well-U works in collaboration with representatives from Behavioral Health Partners, Employee Assistance Program, Facilities, Healthy Living Center, School of Nursing Center for Employee Wellness, University Health Services, URMC’s Department of Food & Nutrition Services and University fitness centers.

The Well-U Mission

Well-U strives to improve the health and wellness of University employees by promoting a work environment that encourages healthy behaviors and by providing the tools, resources, and education necessary to support healthful living.

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585-273-5240 | well-u-info@rochester.edu
www.rochester.edu/well-u

Promoting Positive Results

In today’s busy world, the worksite is a convenient place to engage in programs that promote positive health behaviors. Studies show that a healthy lifestyle improves productivity and reduces sickness, injuries, and health care costs. Employees who participate in wellness programs may enjoy an enhanced quality of life.

Become a Well-U Champion

Well-U Champions are employees of the University of Rochester who volunteer to promote wellness programs within their department. Find out more information on becoming a Well-U champion at: www.rochester.edu/well-u/champions/.

Facebook: facebook.com/URWellU
Twitter: twitter.com/UofRWellU
Well·U University of Rochester Employee Wellness Programs

EMPLOYEE ASSISTANCE PROGRAM (EAP)
Strong Employee Assistance Program offers confidential, professional guidance and counseling to University of Rochester employees and their family members when personal or work-related problems become difficult to manage alone.

FITNESS CLASSES
Fitness classes ranging from low- to high-intensity are offered throughout the year at several University sites at no cost to employees. Classes include: CrossFit, Bootcamp, Pilates, Yoga and Zumba.

FOOD CO-OP
The Good Food Collective is a multi-farm CSA (Community Supported Agriculture) that brings organic and locally sourced foods to the University campus. Members who purchase shares can pick up weekly or biweekly deliveries of fresh foods at a convenient University drop-spot location.

LOYALTY CARD
Earn discounts on healthy food purchases at Cafe 601 and win prizes using a Be in Balance Loyalty Card. Cards are located at Cafe 601 in the Medical Center. Sponsored by Well-U and the URMC’s Department of Food & Nutrition Services.

LUNCH ‘N’ LEARN
Well·U collaborates with internal and external organizations to provide information sessions on health and wellness topics, including nutrition, fitness, medical self-care and emotional health.

SELF-DEFENSE CLASSES
Learn strategies to confront and defend against an attacker, how to avoid becoming a victim, and more. Self-defense classes are offered throughout the year at several University sites at no cost to employees.

WALK WITH A DOC
On a monthly basis, health care professionals from the University of Rochester community walk with employees for one hour to provide education and answer questions. This program is free.

WEIGHT WATCHERS PROGRAMS
Well·U offers two Weight Watchers options: at work meetings and an online subscription. Employees pay an up-front fee and will be reimbursed 50% of the cost of the program upon successful completion.