



## January Employee Well-Being Newsletter

Be Well, Live Well



Our wellness portal has a new name. We wanted to let you know about a big change – Virgin Pulse is now Personify Health. Everything you love about the programs, features, and activities will stay the same. Your

account and user history are all safe and sound.

To smoothly transition to Personify Health, here are a few things to keep in mind:

- **New Web Address:** Make sure to bookmark the new web address, <https://app.personifyhealth.com> . The old web address will only redirect you until January 31, 2025.
- **New Email Addresses:** Our emails will come from @personifyhealth.com, @info.personifyhealth.com and @mail.personifyhealth.com. Remember to add these addresses to your safe senders list.
- **Update Mobile App:** Keep an eye out for updates to your mobile app to Personify Health. Simplify your mobile log-in by activating biometric sign-in and you won't need to type in your username and password if you are logged out.



Oh, and don't be surprised when the app icon changes to this:

**All full time faculty and staff members are eligible to participate in our wellness portal** as well as spouses who have coverage through SLU's medical insurance plan (United Healthcare). **By participating in our wellness program you can earn up to \$400 a year in gift cards** (\$100 max in rewards for each quarter). A few examples of gift card vendors are: Target, Visa, Athleta, Nike, Callaway, Home Chef, Bass Pro Shop, Home Depot, LL Bean, and many more.

Participation includes: tracking daily steps, completing healthy habits, completing preventative care, participating in on-site wellness programs, engaging in well-being activity challenges, wellness related webinars, and mindfulness classes, just to name a few. You can register [here](#) if you are a new participant or are curious about the wellness portal.

For questions on the wellness portal or program you can reach out to our wellness coordinator at [Rachel.donahue@slu.edu](mailto:Rachel.donahue@slu.edu) or refer to the Employee Well-Being [webpage](#).

For more information on Personify Health please refer to their [Member Services](#) webpage.

### **ComPsych® GuidanceResources® Program Can Help with new App**

Personal setbacks, emotional conflicts or just the demands of daily life can affect your work, health and family. With help from your GuidanceResources® program, they don't have to. This company-sponsored benefit is available to you and your family members at no cost and gives you someone to talk to when life's challenges threaten to overwhelm you. The program is staffed by highly trained, caring clinicians who are available by phone or online 24 hours a day, seven days a week.

#### **Call any time with personal concerns, including:**

- Stress, anxiety and depression
- Marital and family conflicts
- Alcohol or drug use
- Dealing with change
- Grief and loss

**Online:** visit [www.guidanceresources.com](http://www.guidanceresources.com), to register online, please use the Company ID "slueap" and create your username and password.

**App:** GuidanceNow OR **Phone:** Call 800-859-9319



## Looking to move your body in the New Year?

The [Simon Recreation Center](#) has 120,000 square feet of activity, featuring six indoor basketball courts, four racquetball/handball courts, a bouldering wall, fitness center, spinning studio and indoor pool. SLU alumni, faculty and staff may purchase a daily-use pass or a [membership](#) to use the Simon

Recreation Center. Please check out the Spring Fitness Schedule below. The Group Fitness Schedule has early morning, mid-day, and evening classes.

### 2025 Simon Rec Spring Group Fitness Schedule

#### Monday

Spinning 12 PM-Spin Studio-Rachel  
 Zumba - 5:15 PM-MPR 2-Alex  
 Mat Pilates 5:30 PM-MPR 1-Maria  
 Spinning 5:30 PM-Spin Studio-Frank  
 Pound - 6:15 PM Mind/Body Room-Alex  
 Yoga 6:30-MPR 1-Maria  
 Yoga & Meditation-8:00 PM-Mind/Body Room-Sarah

#### Tuesday

Power Yoga 7  
 AM-Mind/BodyRoom-Sarah  
 Restorative Yoga 1 PM-Mind/Body Room-Mia.  
 Mat Pilates 5 PM-Mind/Body Room-Michelle  
 Mat Pilates 6 PM-Mind/Body Room-Michelle

#### Wednesday

Spinning 6:30 AM-Spin Studio-Frank  
 Beginner's Yoga 5 PM-Mind/Body Room-Mia  
 Beginner Salsa - 5:15 PM MPR 2-Alex

Merengue & Bachata - 6:15 PM MPR 2-Alex  
 Intermediate Salsa - 7:15 PM MPR 2-Alex  
 Advanced Salsa - 8:15 PM MPR 2 (Invite Only)-Alex (NOT ON MARKETING)  
 Pilates Sculpt 7 PM-Mind/Body Room-Kate

#### Thursday

Weight Training 12 PM-MPR 1-Rachel  
 Pilates Sculpt 5 PM-MPR 1-Kate  
 Mat Pilates 5:30 PM-Mind/Body Room-Maria  
 Yoga 6:30 PM-Mind/Body Room-Maria

#### Friday

Power Yoga 4 PM-Mind/Body Room-Sarah

#### Saturday

Yoga and Meditation 12 PM-Mind/Body Room-Sarah

#### Sunday

Mat Pilates 5 PM-Mind/Body Room-Maria

Yoga 6 PM-Mind/Body Room-Maria

## Upcoming Well-Being Events-



### Coming in February- 13th Annual Go Move Challenge

Calling all faculty and staff! Help your team win the 13th annual **Go Move Challenge** by recording your minutes of physical activity that gets the heart pumping to determine which Jesuit institution is the most active. Awards go to the university that tracks the most minutes, the university that averages the most minutes per participant, and the university with the highest average number of minutes per university size. Registration begins January 15th, more information to come.

### January Healthy Cooking Demo “Eating Well in the Winter”

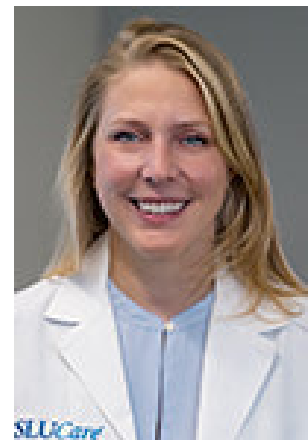
**Monday, January 27th 12-1 p.m. Busch Student Center Room 254**

This cooking demo will involve instruction by one of SLU’s very own dietetic interns, Peter Baartman. Looking for ways to eat well in the winter? Learn how to make a nourishing meal to support your body this winter.

Please RSVP to [Rachel.donahue@slu.edu](mailto:Rachel.donahue@slu.edu)

**Ask the Doctor Series with Dr. Keller**  
**Importance of Preventative Screenings & Care**  
**Monday, February 3rd at Noon Busch Student Center Room 254**

Dr. Jennifer Keller is a surgical oncologist who performs complex procedures to treat pancreatic cancer, small bowel cancer, gastric



cancers, including colorectal and liver metastases. She also treats soft tissue sarcomas, neuroendocrine tumors, adrenal masses and more. Dr. Keller will discuss the importance of preventative screenings and care and what we can do to be proactive with our health and prevent disease. **Space is limited for this event, please RSVP to [Rachel.donahue@slu.edu](mailto:Rachel.donahue@slu.edu)**

## Well-Being Webinars

### **Disability & neurodiversity: Caring for Your Child with Disabilities – January 14th at Noon**

This Talk is designed to assist you in navigating the resources available for children with disabilities. Participants will discuss financial and legal challenges, testing and evaluation, understanding special education laws, support groups and more.

[Register Today!](#)

### **Ageing & adult care: Putting YOU in the Care Equation – January 25th at Noon**

This Talk addresses the challenge of caregiving and offers guidance for achieving a healthy balance. The session will help you better identify priorities, achieve objectives and offer ideas to help deal with stress.

[Register Today!](#)

### **Succeed at work: The Science of Goal Setting – January 16th at Noon**

This Talk examines goal setting as a brain function. Participants will look at how the brain works and create an awareness of the mental process, making it easier for you to create new habits related to goal setting.

[Register Today!](#)



### **Child care & parenting: Raising Well-Balanced Children – January 22th at Noon**

This Talk will provide practical tips to help parents foster a healthy, positive foundation in their children. Participants will discuss self-esteem, emotional, physical and social issues, personal discipline, body image and gender differences and challenges.

[Register Today!](#)

### **Navigating Workplace Interactions-Thursday, January 23rd at 11:00 a.m.**

Have you ever found yourself ruminating over the meaning of an email or interaction at work? Do you ever wonder if you said the right thing or if coworkers understood what you meant? Navigating the social expectations of the workplace can be confusing and challenging at times. This webinar intends to help you with tips to improve communication, comprehension, and social skills in professional arenas. We will discuss strategies to help you improve your communication and develop better interpersonal skills which we hope will lead to success at work.

[Register Today!](#)

### **Your healthy lifestyle: Eat Your Way to a Healthy Year – January 28th at Noon**

Donuts for breakfast, candy bar for lunch? Eating on the run? Does this sound familiar? Participants in this Talk will learn the benefits of nutrition, including the importance of making informed food choices to develop and maintain sound eating habits.

[Register Today!](#)

### **January On-Site TIAA Financial Appointments**

TIAA Financial Representatives will be onsite at Wool Center for one on one financial appointments. You can make an appointment with one of the financial representatives here.

### **January Onsite TIAA Financial Advising Appointments-January 23rd & 30th**

Please visit the TIAA [Website](#) to schedule an appointment.

## **January Financial Webinars**

**Investing essentials: 5 principles to invest with confidence-January 15th 11:00 a.m.**

Get a head start on smart, secure investing with simple principles.

[Register Today!](#)

**Take control of your financial life: 5 steps to save money and manage debt- January 30th at 2:00 p.m.**

Uncover how to set goals, balance your budget and use debt wisely.

[Register Today!](#)