



**Employee Wellness** exists to promote increased opportunity for fitness, healthy eating, stress management and overall well-being among UNM employees. We offer wellness programs and services to improve employee health and happiness while at work. Through challenging programs and collaborative partnerships, UNM's Employee Wellness encourages a culture of wellness for the Staff, Faculty and Retirees of The University of New Mexico. EHP programs are defined as individual one-on-one consultations, instructional health education courses, customized department programs, EHP-governed wellness committees, and university-wide wellness campaigns offered to all UNM Benefits Eligible Faculty and Staff. An overview of Employee Wellness programming is included below.

### **Onsite Preventive Health Screenings**

Employee Wellness coordinates and promotes the annual Onsite Preventive Health Check Ups conducted by Catapult Health. The preventive activities are coordinated each fall and include over 50 checkup dates across all 7 campuses to assist UNM employees enrolled on the UNM Medical Plan in learning the status of their health and to connect them with a primary care provider to manage and improve their health status.

### **Lifestyle Campaigns**

EMPLOYEE WELLNESS coordinates 2 to 4 UNM-wide Lifestyle Campaign per year to engage our population in positive behavior change. Lifestyle campaigns focus on the true essence of prevention by incorporating nutrition, physical activity, and stress management into an evidenced-based program that lasts 6-10 weeks. The lifestyle campaign includes pre/post measurements to demonstrate changes at the individual level as well as an organizational level. All individual measurements and information is kept confidential. Lifestyle campaigns typically include education in the form of classes led by a certified fitness instructor and registered dietitian. Example: Healthy Wage Step Challenge, NM Jackpot Weight Loss Challenge, UNM Stadium Stair Challenge.

### **Environmental Impact Initiatives**

Employee Wellness develops and manages environmental initiatives which emphasize wellness at work to include Bike and Treadmill Workstations, LoboTrails, Healthy Vending, Healthy Eats and the Take the Stairs programs.

### **Committee Involvement**

EMPLOYEE WELLNESS provides ongoing expert advice and recommendations for wellness at the individual, organizational and environmental levels. EMPLOYEE WELLNESS works with numerous committees and collaborates with various departments to create a culture of wellness on campus. From the Tobacco Free Campus Task Force to the UNM Wellness Alliance, the consultants share their expertise to assist in creating a healthier campus in which to work and socialize.

### **Educational Classes**

Educational classes with fitness, nutrition and stress management skills serve to educate and empower our UNM population with positive tools to improve their lifestyle.

### **Movement and Stress Breaks**

EMPLOYEE WELLNESS's certified fitness instructors honor requests to conduct midday Tabata/stretch/motivational moving breaks to re-energize a group of staff or faculty. EMPLOYEE WELLNESS led meditation breaks can also help to reduce workday stress and recharge a department.

### **Group Cooking Demonstrations**

One key to healthy eating is to know what you are eating. EMPLOYEE WELLNESS works with departments to develop healthy recipes and then teaches techniques on how to prepare and cook those recipes in a class setting. Recipes for this program will be analyzed for nutrient content (Nutrition Facts) by a registered dietitian on staff prior to class to ensure a healthy item. You will also get tips on how to make a recipe healthier (reducing fat content, calorie content, etc.)

### **Planning Healthy Meetings and Celebrations**

EMPLOYEE WELLNESS's registered dietitian can provide guidance for dietary restrictions and requirements when planning food for a departmental event. Our consultants recognize the issues that can arise when striving to create a healthy menu. Make planning your next healthy meeting or celebration a breeze by working with EMPLOYEE WELLNESS to establish basic guidelines and needs that can be brought to the attention of those providing the meal.

### **Wellness Ambassador Academy**

EMPLOYEE WELLNESS recruits and conducts training of Wellness Ambassadors from all over UNM's campuses to extend the reach of wellness-related information and activities to all campuses via department Ambassadors. Yearly recruitment and training occurs on a fiscal year calendar.

### **Consultation Services**

The EMPLOYEE WELLNESS consultants work with the individual to assist with their personal wellness goals by providing fitness, nutrition and wellness coaching to support employees in focusing their goals toward wellness.

### **Ergonomics and Injury Prevention**

Employee Wellness has programs to help create a work environment that supports the needs of the human body. We coordinate classes that focus on workstation setup, proper lifting technique, stretching programs, and more.

### **Branding Wellness**

EMPLOYEE WELLNESS is synonymous with the positive effort in creating a campus culture of wellness by educating on the pillars of well-being and by increasing positive awareness with the entire faculty and staff of UNM.



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Contact us at  
[wellness@unm.edu](mailto:wellness@unm.edu)  
505.272.4460