



# UW- GREEN BAY WELLNESS COMMITTEE

## ABOUT US

The Wellness Committee was founded in 2012 and is committed to promoting and supporting programs that foster the wellness of the campus community.

## WHY IS IT IMPORTANT

Employees who are healthy physically and mentally are happier, more engaged, and are enjoyable to work with! Wellness challenges, incentives, events, and activities promote community among employees, improving morale and our health!



## ANNUAL EVENTS

The wellness committee offers various annual events each year including onsite health screenings, flu shot clinics, and more!



## CHALLENGES

Challenges are offered throughout the year to improve your wellness. They are fun, often involve prizes, and you can participate with your co-workers!



## EXERCISE & ERGONOMIC EQUIPMENT

Request resistance bands, pedometers, balance cushions, and more. Contact us at [wellness@uwgb.edu](mailto:wellness@uwgb.edu) to request yours today!

Stay informed on all Wellness Committee offerings promoted through HR Connect and the Wellness Website!



## CONTACT US

[wellness@uwgb.edu](mailto:wellness@uwgb.edu)  
920.465.2390

## WELL WISCONSIN \$150 INCENTIVE

\$150 incentive available to you and your spouse who are enrolled in our health insurance program! \*Please note that your health insurance coverage must start by October 1st.

### TO EARN THE INCENTIVE, YOU WOULD COMPLETE:

- 01** a health check activity, such as attending an onsite health screening event, getting your annual check up at your doctor, a dental cleaning, or a coaching call from a StayWell representative
- 02** an online health questionnaire on the Well Wisconsin website, and
- 03** a well-being activity through <https://www.webmdhealth.com/wellwisconsin/> website (ex. complete challenge, digital workshop, etc.) Deadline to earn your 2021 incentive is early October.

### WELL WISCONSIN WEBSITE

- 01** Available to employees and their family members who are enrolled in our health insurance.
- 02** Device connection (ex. fit bit) & personalized health information – how your health compares to others, what your health goals/focus should be
- 03** Digital workshops, articles, recipes, daily challenges, videos, etc.
- 04** Health Coaching – one-on-one coaching via phone available
- 05** Link to Well Wisconsin website is found on the UWGB Wellness website <https://www.uwgb.edu/wellness-committee/>

### WHERE DO I FIND OUT MORE?

- 01** HR Connect Blog (Faculty & Staff webpage – bottom right side or at <http://blog.uwgb.edu/hr/category/wellness>)
- 02** HR Connect weekly email newsletter
- 03** UWGB Wellness webpage <https://www.uwgb.edu/wellness-committee/>  
Recipes & articles  
Ergonomic workstation information  
Area walking trail mapsphone

## MEMBERS

Jared Dalberg, Associate Professor, Manitowoc Representative  
Amy DePeau, Nurse, Wellness Center Representative  
Jolene Dorn, Registered Dietitian, Chartwells Liaison  
Kaitlyn O’Claire, Campus & Executive Officer Assistant, Marinette Campus Representative  
Lynn Rotter, Manager of University Ticketing, Academic Staff Representative, 2018-2020  
Melissa Betke, Program Specialist, Sheboygan Campus Representative  
Alex Wandersee, Fitness Coordinator, University Recreation Representative  
Pang Yang, Human Resources Assistant, Human Resources Representative, Chair  
**VACANT, University Staff Representative, 2021-2023**  
**VACANT, Faculty Representative, 2021-2023**

