



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 to request yours today!

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



CONTACT US
wellness@uwgb.edu

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:

1. 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
2. An online health questionnaire on the Well Wisconsin website, and
3. A well-being activity through the Well Wisconsin website (ex. complete challenge, digital workshop, etc.)

WELL WISCONSIN WEBSITE

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

WHERE DO I FIND OUT MORE?

1. HR Connect Blog
(<http://blog.uwgb.edu/hr/category/wellness>)
2. HR Connect weekly email newsletter
3. UWGB Wellness webpage
uwgb.edu/wellness-committee
 - Recipes & articles
 - Ergonomic workstation information
 - Area walking trail maps phone



MEMBERS

Sara Chaloupka, Financial Specialist II

Jared Dalberg, Associate Professor, Manitowoc Representative

Sara Greenwood, Lecturer – Social Work, Faculty

Amy Henniges, Executive Director, University Wellness

Kaitlyn O’Claire, Campus & Executive Officer Assistant, Marinette Campus Representative

Beverly Pence, Talent Acquisition & Engagement Coordinator, Human Resources, Chair

Lynn Rotter, Manager of University Ticketing, Academic Staff Representative

Melissa Betke, Program Specialist, Sheboygan Campus Representative

Jolene Truckenbrod, HR Coordinator, Human Resources Representative

Alex Wandersee, Fitness Coordinator, University Recreation Representative