

## Employee Well-being Newsletter

January 2025

Employee Assistance and Well-being Programs

*The following resources are available to all UTHealth Houston faculty, staff, residents, and fellows*



Colin Dunham

Manager, Talent Acquisition & Employee Business Operations



Anna Alvarado, Sr Program Coordinator, Wellness

Colin Dunham, Manager, Talent Acquisition  
& Employee Business Operations

Julie A. Van Orden, Asst Director, Employee Well-being Programs

### Podcast - *Occupational Well-being* **New Year, Enhanced Career**

Listen as Colin shares his thoughts, as a Human Resources Professional, on how to enhance your career in your current job and navigating job change.

*This robust discussion includes:*

- Professional growth
- Setting & achieving goals
- Enhancing professional visibility for introverts & extroverts
- Vision boards & personal mission statements
- Personal branding

Listen on  
Spotify

Listen on Apple

Listen on Intranet

### Time for Tranquility **January Topic: Clarity**



Join online in the privacy of your workspace for 15 minutes of calm. With participants' cameras off, our leader will guide you in an exercise of quiet breathing focusing on January's topic of personal clarity.

Monday link

Monday is a hybrid session  
@ 12-12:30 pm  
Location: JIL-454

Wednesday  
link

Wednesday is a virtual session  
12-12:15 pm

### No Copay Digital Weight Loss Program!



The University of Texas System

**wondr** | LivingWell Health is a priority

# This year, say yes to you.

Ditch New Year's resolutions and make a lasting change with Wondr—a digital weight-loss program tailored to you.

**Space is limited.**  
Learn more at [wondrhealth.com/LivingWell](http://wondrhealth.com/LivingWell)

Sign up between 1/6/2025 - 1/19/2025.  
The program begins 2/3/2025.

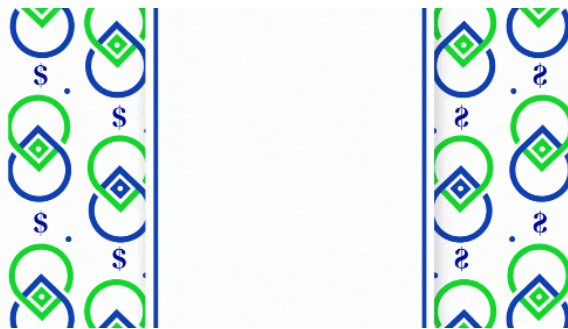
**Jan G.**  
Wondr PARTICIPANT

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*Wondr is a 100% digital weight loss program that teaches clinically-proven skills through weekly master classes. The program is available to all UT SELECT and UT CARE medical plan members 18 yr. and above, including employees, retirees, spouses, and dependents who have not started a class within the last 12 months. There is no out-of-pocket cost to participate because the price is covered by your UT SELECT and UT CARE medical plan.*

- Application Period: **January 6 – January 19, 2025**
- Program start date: **February 3, 2025**

Sign up



**YOUR MONEY LINE**

### Learn Your Money Vibe in 2 minutes!

**My Money Vibe** is a new feature in **Your Money Line** that helps you identify your money personality, better understand yourself, and get personalized money strategies based on your vibes. **Your Money Line (YML)** is a free financial wellness platform for UTHealth Houston employees that is completely free and confidential. They will never try to sell you anything.

Each one of us views money differently based on our upbringing, life experiences, and personality. **Take**

the quiz today to learn if you:

- find self-worth in money **OR** see money just as a tool
- keep a detailed budget **OR** avoid ever looking at your bank account
- love a good shopping spree **OR** hate spending even a cent

These are just a few of the many ways we may think, feel, and behave about money. Create your **YML** account or visit your existing account to check out this new **My Money Vibe** feature.

[Learn My Money Vibe](#)

### Coming Soon to the University Center Tower Building



[Contact UFCU](#)

The University Federal Credit Union is opening an office at the UTHealth Houston campus in the Texas Medical Center. It will be located on the first floor of the University Center Tower (UCT) near the French Corner Cafe. While their space is being readied, UFCU will host an information table in front of their new location every third Wednesday of the month. Bankers will be onsite to help with light banking services and setting appointments.

Come visit their table:

January 15, 11-2 pm  
UCT first floor  
7000 Fannin Street  
Houston, TX 77030

Employee Assistance and Well-being Programs  
713-500-3394 or email [wellness@uth.tmc.edu](mailto:wellness@uth.tmc.edu)

 UTHealth Houston

University of Texas Health Science Center at Houston | 7000 Fannin Street Suite 1670 | Houston, TX 77030 US

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