

## Welcome 2019 Wellness Warriors!

**Now that you have completed the steps to become a Wellness Warrior, what's next?**

Wellness is more than just diet and exercise. The Wellness Warrior program provides you with the support, information, and resources to set goals, formulate a plan, and use the resources provided to you - **free of charge** - to achieve those goals. As a Wellness Warrior, you can take advantage of all of the programs listed below.



### Confidential Wellness Coaching

by phone, provided by Ulliance. Your coach will help you develop wellness action plans, set realistic goals & strategies and help you to find the programs available to Wellness Warriors. If you didn't schedule your Wellness Coaching Call for 2019, call Ulliance at **888-699-3554** today!



### One-on-One Nutrition

**Consultations** with Debbie Cavender, **Registered Dietitian**. Debbie will work to understand your unique needs and help create a mini-plan designed especially for you! You can learn the natural way of taking charge of your health. [Click here](#) to schedule an appointment by phone or in person. More appointments will be available throughout the year.



### Free Fitness Assessment at Mort Harris Recreation and Fitness Center

and one-on-one appointment with a personal trainer. Once you complete your fitness assessment, your personal training program can begin. To learn more and schedule your Fitness Assessment, [click here](#). **Tip:** Be sure to check the Wellness Warrior box on the form.



### LifeAdvisor Wellness Portal.

The Ulliance WSU portal is more than just your HRA. [Click here](#) to see what the portal has for you. Health tracking, challenges, a health journal, the Employee Assistance Program, and more are available for your use. The **Login User name** is your WSU Banner ID. Your Banner ID is the **9-digit number** located on your WSU OneCard. Your password was chosen by you after your initial login.



### Ulliance LifeAdvisor workshops

are live webinars on a variety of wellness topics. To register, go to [Academica > Employee Resources > Other Resources > Training, Seminars, Workshops, and search for "2019 LifeAdvisor Webinar"](#).



### Personal Training Sessions.

After your Fitness Assessment is completed, you can schedule **Individualized or Small Group Training Sessions** for Personal Training. Your [risk level](#) determines whether you receive three, four, or five free sessions with a Personal Trainer. That information will be shared with you at your Fitness Assessment.



**Emotional wellness** is a key factor of a healthy lifestyle. The Life Advisor Employee Assistance Program (EAP) is provided through Ulliance. You, your spouse or live-in partner, and

dependents under the age of 26 can access a variety of work-life resources through the EAP. Free, **confidential**, and available 24 hours a day, 365 days a year. Call **1-800-448-8326** for information and support or visit the [website](#).

**Note:** The website will ask for your employer and city of employment for verification purposes only. The information is not stored in any way.



**Lose Weight with Tina** is a smart and well-balanced program that supports [My Plate](#) and the [My Plate Dietary Guidelines](#) to help people make better food choices. This is a group class lead

by Tina Thomas, consisting of discussions and demonstrations of everyday practical approaches to healthy eating. It's not just about losing the weight; it's about losing the lifestyle and mindset that got you there! To successfully reach your weight loss goals, you first need to understand **HOW** to lose weight the right way. For questions, email Tina at [loseweightwithtina@hotmail.com](mailto:loseweightwithtina@hotmail.com).



**Condition Management.** Our new partner, Campus Health Center, has nurses available to help with a variety of health concerns, smoking cessation, immunizations, health education,

and much more. You can contact them by calling **313-577-5041** or sending an email to [campushealth@wayne.edu](mailto:campushealth@wayne.edu). [Click here](#) to visit their website.



**Cash incentive** opportunities are available throughout the year. You have already earned the **\$75** enrollment incentive for completing a screening and taking the HRA. [Click here](#) for

additional information on this program.

*The WSU Wellness Warrior program is free and completely confidential program.  
No individual health information is shared with the university.*

**Wellness Warriors is brought to you in partnership with:**

