

Irish Health

... for your well-being



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Irish Health fair to showcase eight dimensions of well-being



BY OFFICE OF HUMAN RESOURCES

The Office of Human Resources and the McDonald Center for Student Well-Being have partnered to align how the University promotes the well-being of the campus community. The alignment, which includes a focus on eight dimensions of well-being, will be featured at the Irish Health faculty/staff benefits and wellness fair on Oct. 18 and 19.

Wellness vs. well-being

What's the difference between wellness and well-being? "Being well means more than just being healthy," says **Denise Murphy**, human resources director of benefits and wellness. For most, "wellness" connotes physical health, while "well-being" is a more holistic term that includes a positive outlook and satisfaction with life.

"There are many dimensions to well-being, and we are only truly well when each is in balance," Murphy says. For example, while we may be physically and mentally fit, we are not in a balanced state of well-being if we also have money problems or lack genuine social connections. Because well-being is a better reflection of overall living conditions,

it has become a yardstick of choice for such public health organizations as the CDC (cdc.gov/hrqol/wellbeing.htm).

Well-being at Irish Health

Faculty and staff who have attended past Irish Health events may recall receiving a handout

describing seven dimensions of well-being: physical, emotional, spiritual, social, environmental, intellectual, and financial. This year, an eighth dimension -- occupational -- has been added to remind faculty and staff that a well-nurtured career also contributes to one's well-being. "The focus of this year's Irish Health event is to show faculty and

staff how they can manage all eight dimensions of their well-being using benefits and programs available to them at Notre Dame," says Murphy. The gymnasium-filling event will feature over fifty benefits vendors, campus partners and programs relating to all eight dimensions of well-being. Representatives from each will be available to discuss their programs and answer questions. Faculty and staff who attend may also take advantage of on-site health screenings, refreshments and chair massages. Several lucky attendees will win door prizes including Fitbits, an Apple sport watch, a \$500 SpinZone gift certificate and more. Irish Health will be held at Rolfs Sports Recreation Center on Tuesday, Oct. 18, from noon-7 p.m. and Wednesday, Oct. 19, from 7 a.m. to noon. For more information, visit hr.nd.edu, or contact askHR at (574) 631-5900 or askHR@nd.edu.

News Briefs

TREADMILL DESK AVAILABLE TO CAMPUS OFFICES

You don't have to wait until lunch to get your steps in: the Office of Human Resources has a treadmill desk that any campus office can request to have placed on-site. Placement duration is approximately two months, and is first-come, first-served pending office/manager approval. The host office must be able to provide a computer for use at the desk. Ready to get walking? Your first step is to contact askHR at (574) 631-5900.



HR BENEFITS SPECIALISTS OFFER DROP-IN ASSISTANCE

Notre Dame benefits specialists are available bi-weekly through December to help you with benefits-related questions. Are you... a new employee with benefits questions? ...changing your benefits due to a life event? ...considering taking leave for surgery? Drop by for specialized assistance with these or any other benefits-related questions. No appointment needed.

**Mondays: October 3, 17 & 31
November 14 & 28,
December 12
3 to 4 p.m.
200 Grace Hall**

Not sure if you need the expertise of a benefits specialist? Start with askHR. Our customer service reps stand ready to help you with almost any Notre Dame employment-related matter. Contact askHR at 574-631-5900 or askHR@nd.edu.

CHILDREN'S EDUCATIONAL BENEFITS INFORMATION SESSIONS

Learn more about the educational benefits offered by the University for children of eligible faculty and staff at one of these two information sessions:

**Wed., Oct. 5 or
Tues., Nov. 1
7 p.m.
Eck Center Auditorium**

ND VOICE MARKS 10 YEARS

ND Voice 2016 marks the tenth anniversary of Notre Dame's biennial employee engagement survey. This confidential survey asks your opinions on workplace topics such as training, pay and benefits, respect and fairness, and more. Your feedback helps the Notre Dame workplace — and your department — be the best it can be. Watch for more information about the 2016 survey, available Monday, Oct. 10.

STAFF DIVERSITY DISCUSSIONS TO EXAMINE CIVIL DIALOGUE, MICROAGGRESSIONS

Diversity Discussions, the Fall 2016 staff diversity and inclusion discussion series, presents an opportunity for all Notre Dame staff to share experiences and ultimately make the University a more diverse and inclusive place where everyone can do their very best work.

Coming up:
Civil Dialogue: How to more easily have difficult conversations
**Thursday, October 6
2 to 4 p.m.
South Dining Hall Oak Room (upstairs)**

Microaggressions: What are they, and is there a cure?
**Thursday, November 10, 2016
2 to 4 p.m.
South Dining Hall Oak Room (upstairs)**

For additional topics and more information, visit hr.nd.edu.

ON-CAMPUS HEALTH SCREENINGS ARE UNDERWAY

This free, confidential health screening tells you where you stand on such indicators as blood pressure, cholesterol, body mass index, and more. Benefit-eligible faculty and staff who complete a screening by Nov. 4 will receive an automatic \$180 credit. Faculty/staff whose eligible spouse completes a screening by Nov. 4 will receive an additional \$96 credit.

Upcoming dates:
• **Wellness Center (night shift)**
**Wed., Oct. 5
9 p.m. to midnight**
• **Library Concourse**
**Wed., Oct. 12,
7 a.m. to 1 p.m.**

See the full schedule and FAQs at <http://hr.nd.edu/benefits/screenings/>. To schedule your appointment, call askHR at 631-5900.



Faculty/Staff Benefits & Wellness Fair

Tuesday, October 18, noon – 7 p.m.
Wednesday, October 19, 7 a.m. – noon
Rolfs Sports Rec Center



PRIZES

- Apple Watch
- \$500 @ Spin Zone
- FitBit
- Restaurant Gift Certificates
- ...and many more

- 50+ benefits/wellness vendors
- Chair massages
- Refreshments
- Health screenings by Memorial
- Open Enrollment assistance
- Mobile Mammogram Unit
- Vision/hearing screenings
- Wellness coaching



*There are eight categories of well-being, and we are well when each is in balance. Come learn about benefits and programs to help you **live well-being!***



For a list of vendors and more information, visit hr.nd.edu/benefits or contact askHR at (574) 631-5900 or askHR@nd.edu.

Free Flu Vaccines

for eligible faculty, staff, spouses, and dependents



NOTRE DAME
WELLNESS
CENTER

Two locations:

Stepan Center

- For part time (regular) faculty/staff
- For full time, benefit-eligible faculty/staff and their enrolled* spouses/dependents

Wed. Sept. 28, 12 noon - 9 p.m.

Thurs. Sept. 29, 9 a.m. - 7 p.m.

Fri. Sept. 30, 9 a.m. - 5 p.m.

ID required:

- Faculty and staff must show campus ID card.
- Dependents of high school age and up must show photo ID (such as school or state-issued ID).

*Spouses/dependents must be currently enrolled in a Notre Dame medical plan; children must be accompanied by parent.

No appointment necessary.

Notre Dame Wellness Center

- For full time, benefit-eligible faculty/staff and their spouses/dependents

Available by appointment

For appointments call 574-634-WELL.



Privacy Notice: The Notre Dame Wellness Center is managed by Premise Health, which assures privacy of all interactions and healthcare services at the Wellness Center by maintaining patient medical records in accordance with stringent and well-documented security standards, as well as in compliance with all applicable state and federal laws.

For more information, visit wellnesscenter.nd.edu, or call askHR at (574) 631-5900.