



Wellness Resources

Wellness is a way of living-eating a healthful diet, being physically active and managing one's well-being every day. The WVU Division of Human Resources is committed to supporting employee wellness efforts by making it easier for faculty and staff to learn about and use the many resources available to them. Putting a priority on wellness will help build a healthier WVU workforce-a benefit for everyone.

Below are links to programs available to employees who meet enrollment criteria for PEIA, Carelink or the Health Plan:

PEIA Pathways to Wellness

(PEIA will only pay for one health screen per year)

<http://www.peiapathways.com/>

Diabetes Face To Face Care Management Program

<http://www.peiaf2f.com/>

PEIA's Weight Management Program

<http://www.westvirginia.com/peia/page.cfm?section=250&storyid=5534>

Dr. Dean Ornish Program for Reversing Heart Disease

<http://www.westvirginia.com/peia/page.cfm?section=250&storyid=5235>

<http://www.hsc.wvu.edu/wellness/ornish/>

Renal Care Management Program

<http://www.westvirginia.com/peia/page.cfm?section=250&storyid=5524>

Tobacco Cessation Benefit

<http://www.peiapathways.com/resources/freeandclear.aspx>

Below are links to WVU wellness and fitness resources:

Tobacco Cessation Services

<http://www.hsc.wvu.edu/mbrcc/T2R2/cessationServices.asp>

WVU Wellness and Nutrition Initiative

<http://wellness.wvu.edu/>

Lifetime Activities Program

<http://www.wvu.edu/~physed/lap.htm>

Stansbury Fitness & Wellness Center

<http://www.wvu.edu/~physed/stansfit/>

EMPLOYEE WELLNESS

*Promoting Health,
Changing Lives*

Student Rec Center

<http://www.studentrecenter.wvu.edu/>

Health Sciences Campus Wellness Program

<http://www.hsc.wvu.edu/wellness>

Health Sciences Center – Human Performance Lab

<http://www.hsc.wvu.edu/som/ep/HPL.asp>

West Virginia Motor Development Center

<http://www.wvu.edu/~physed/mdc/>

WVU Faculty and Staff Assistance Program

<http://www.hsc.wvu.edu/fsap/>

WVU Extension Service – Nutrition and Health

<http://www.wvu.edu/~exten/depts/famyou/fynuthlt.htm>

Community Health Initiatives

<http://www.hsc.wvu.edu/son/chi/index.htm>

WVU Dining Services

<http://www.sa.wvu.edu/wvudining/>

Influenza Awareness

<http://www.nis.wvu.edu/flu>

WVU – Morgantown “Do It Yourself” Outdoors

<http://www.wvu.edu/~diyoutdoors/>

Department of Biology – Eberly College of Arts and Sciences

<http://www.as.wvu.edu/biology/facility/arboretum.html>

Health Sciences Center – Prevention Research Center

<http://www.hsc.wvu.edu/som/cmed/prc>

WVU Community Arts Programs

http://www.ccarts.wvu.edu/community_arts/index.html

Child Development & Family Support Services

http://www.wvu.edu/~childcare/src_room.shtml

Below are links to West Virginia wellness resources:

West Virginia Healthy Resources Directory

<http://wvhealthyresources.org/index.asp>

Wellness Council of West Virginia

<http://www.wcvv.org/>

EMPLOYEE WELLNESS

*Promoting Health,
Changing Lives*

I Play Outside

<http://www.iplayoutside.com/>

Healthy People

<http://www.healthypeople.gov/default.htm>

Division of Health Promotion and Chronic Disease

<http://www.healthywv.org/>

WV On the Move

<http://www.wvonthemove.org/>

Below are links to National wellness resources:

The President's Challenge

<http://www.presidentschallenge.org/>

WELCOA – The Wellness Councils of America

<http://www.welcoa.org/>

American Heart Association

www.americanheart.org

Healthfinder

<http://www.healthfinder.gov/>

Healthy People 2010

<http://www.healthypeople.gov/default.htm>

CDC Workplace Safety and Health

<http://www.cdc.gov/Workplace/>

National Wellness Institute

<http://www.nationalwellness.org/>

National Heart, Lung, and Blood Institute (NHBLI)

<http://www.nhlbi.nih.gov>

Lance Armstrong Foundation

<http://www.livestrong.org>