

Gamecocks
LiveWell

FACULTY AND STAFF WELLNESS GUIDE

Live Well. Work Well. Thrive.



Student Health Services
University of South Carolina

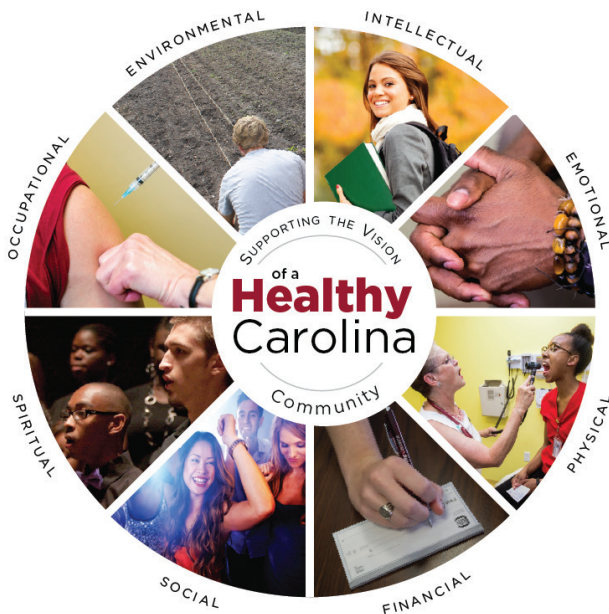
WELCOME

In support of the University of South Carolina's Healthy Carolina vision, this guide provides information and resources on wellness initiatives available to our faculty and staff. The aim of Gamecocks LiveWell is to assist you in developing healthy habits that will help you attain and maintain wellness in body, mind and spirit. We care about you and your personal wellness because we know it has a direct impact on your professional success as well as your quality of life. Faculty and staff wellness is essential to the goals of the University of South Carolina in supporting the academic success of our students. The Gamecocks LiveWell program will provide you with preventive services and programs to get you started on your journey to being a productive member of our community. For a complete list of resources, visit the Gamecocks LiveWell website at sc.edu/gamecockslw.

WHAT IS GAMECOCKS LIVEWELL?

Our vision: A worksite community where all faculty and staff live well, work well and thrive.

Our mission: To provide faculty and staff with a comprehensive worksite wellness program. This includes programs, services, initiatives and integrated benefits that support healthy lifestyle decisions and lead to measurable and successful outcomes for the individual and the workplace.



GAMECOCKS LIVEWELL OFFICE SERVICES/PROGRAMS

Wellness and Prevention Services

- Blood pressure check (no appointment required)
- Weight check (no appointment required)
- Body fat analysis and measurement
- Waist-hip ratio

Wellness Coaching

Wellness Coaching is a personalized approach to setting health and wellness goals with a plan to achieve them. These FREE one-on-one appointments will emphasize your strengths to take charge of your health and wellness. You will find support, guidance and encouragement in a judgment-free zone.

Coaching sessions can be focused on:

- Nutrition and balanced eating
- Tobacco cessation
- Exercise
- Weight management
- Stress Management
- Overall wellness

Call the Gamecocks LiveWell office at 803-777-6518 to make an appointment for these services

Wellness Programs

A variety of wellness programs are offered throughout the year. Visit the Gamecocks LiveWell website at sc.edu/gamecockslw for information on current programs. Faculty and staff can also attend our open healthy cooking classes led by a registered dietitian. Learn more by visiting sc.edu/gamecockslw and search for cooking class.

71%

of UofSC faculty and staff think their personal health impacts their ability to be successful at work

(USC Faculty and Staff Health Assessment, 2016)

88%

of UofSC students think the health of university faculty and staff impacts student learning and success

(National College Health Assessment, 2017)

FACULTY/STAFF SERVICES OFFERED AT THE CENTER FOR HEALTH AND WELL-BEING

Faculty and staff can use these services at the Center for Health and Well-Being:

- Meet with a Registered Dietitian to create customized eating plans that can help you manage your health.
- Fill prescriptions at the Pharmacy (The State Health Plan co-pays apply the same as at other retail pharmacies)
- Get Lab work done and have it sent to your doctor's office
- Receive Allergy Shots, get immunizations and do travel consultations at the Allergy, Immunization & Travel Clinic
- Get X-rays in the Radiology department and have the results sent to your doctor's office

These services are associated with a fee. For current fees, please call 803-777-3174

Mindfulness services in the C.A.L.M. Oasis:

- Midday meditation: Monday, Wednesday, Friday, 11:20-11:40 a.m., Tuesday, Thursday 12:30-12:50 p.m.
- Mindfulness-Based Stress Reduction (MBSR) for faculty & staff held at various times throughout the year. Visit sc.edu/gamecocks/w and search for "mindfulness" for more information about the MBSR offerings.
- The C.A.L.M. Oasis also open meditation practice throughout the week. Visit sc.edu/gamecocks/w and search for "mindfulness" for more information about open hours.



WORKSITE WELLNESS SCREENINGS

Under the Employee Insurance Program, UofSC faculty, staff, retirees and their covered spouses whose primary insurance coverage is the State Health Plan - Standard Plan or the State Health Plan - Savings Plan are eligible to receive a worksite screening once a year. The worksite screening is FREE for the standard lab screening.

The standard worksite screening includes the following:

- Lipid profile: Total cholesterol, low density lipoproteins (LDL), high density lipoproteins (HDL) and triglycerides
- Chemistry profile: Blood Urea Nitrogen (BUN) and creatinine, glucose and electrolytes
- Hemogram: Red and white blood cell, hemoglobin and hematocrit
- Blood pressure screening
- Height and Weight measurements

Call 803-777-6518 to learn more and schedule an appointment. Appointments are available Monday through Friday mornings in the Thomson Building suite 104 (use the entrance across from the Bull Street Garage).



Additional tests are available for an extra cost. These include:

Liver Profile/
Hepatic Function

Thyroid-Stimulating
Hormone (TSH) Test

Hemoglobin A1C

Prostate-Specific
Antigen (PSA) Test

Vitamin D



TOBACCO-FREE

To promote the health and well-being of all Gamecocks, our entire campus is Tobacco-Free. The use of any tobacco and smoking products are prohibited on University property. The use of tobacco products in University owned, operated or leased vehicles and personal vehicles on University property is prohibited. To learn more about UofSC's tobacco-free policy, visit sc.edu/tobaccofreesc.

Free cessation programs are available:

- Gamecocks LiveWell office: 803-777-6518
- SC Quitline: 1-877-QUIT-NOW (784-8669)
- Quit for Life: Available to members of the state health plan, this program provides a trained Quit Coach who works with you to create a personalized quit plan. Participants receive a comprehensive Quit Guide, calls from a Quit Coach and free nicotine replacement therapy. Visit quitnow.net/scstatehealthplan.

The University of South Carolina is a
completely tobacco-free campus.

To learn more about
UofSC's tobacco-free policy, visit
sc.edu/tobaccofreeusc

96%

of UofSC
faculty & staff don't
smoke cigarettes.

(USC Faculty and Staff Health
Assessment, 2016)

TOBACCO FREE
UofSC

PARENT AND KINSHIP CARE NETWORK

Healthy Carolina's Parent and Kinship Care Network is free for all university faculty, staff, students and their spouses. This initiative includes opportunities for UofSC mothers to meet the American Academy of Pediatrics recommendations to breastfeed for up to 12 months by providing support and resources for UofSC breastfeeding mothers returning to work or class. The program also seeks to connect new traditional and non-traditional parents with resources, support and a like-minded community.

The initiative consists of:

- Nursing Mothers' Lounges across campus for pumping or breastfeeding
- Learn at Lunch Seminar Series on nutrition through the life stages, parenting styles and child development
- Online education resources
- The UofSC Lactation Support Policy
- Parenting Support Groups
- Referral Services

New Parent Welcome Kit

If you or any of your employees or coworkers are planning to become pregnant, expecting or recently welcomed a child into their home, we encourage you to contact us to receive a new parent welcome kit. If you are interested in participating in any component of the Initiative, please contact the Gamecocks LiveWell Office at 803-777-6518 or livewell@mailbox.sc.edu.

Nursing Mothers' Lounges

If you are a nursing mother and are interested in checking out a key to a Nursing Mothers' Lounge on campus, please request to check out a key and fill out the form located under the Nursing Mothers' Lounges section at sc.edu/gamecockslw and search for "Nursing Mothers' Lounges."



STATE HEALTH PLAN RESOURCES

As a member of the State Health Plan, you are eligible to take advantage of the following benefits and services provided by PEBA.

- **Rally:** RallySM can help you get healthier one step at a time. Rally is a web and mobile platform offered at no cost to State Health Plan primary members (Standard and Savings Plan) age 16 and older. Rally will show you how to make simple changes to your daily routine, set goals for yourself and stay on target. The platform will give you personalized recommendations to get you moving more, eating more healthfully and feeling better. Sign up by logging in to your My Health Toolkit account and selecting Rally under the Wellness tab.
- **PEBA Perks:** The PEBA perks program offers value-based benefits to you at no cost including colorectal cancer screening, maternity management, flu vaccination, tobacco cessation, stress management and weight management. For more information, visit peba.sc.gov/pebaperks.html
- **Health Management Programs:** The health management programs are designed to help Standard Plan and Savings Plan subscribers and their covered family members who have certain behavioral or chronic medical conditions manage their symptoms, and delay or even prevent many of the complications of these diseases. To self-enroll, log in to your My Health Toolkit account. You may also self-enroll by calling BlueCross BlueShield at 855-838-5897.



CAMPUS RESOURCES

- **Healthy Carolina Farmers Market:** A convenient way to shop for fresh, healthy, locally-grown products. It takes place on Greene Street in front of the Russell House on selected Tuesdays throughout the fall, spring and summer semesters. Visit sc.edu/gamecockslw and search for "Healthy Carolina Farmers Market."
- **Fit Walk Paths:** Healthy Carolina offers fit walk paths, which are mapped and measured walking routes on campus. Maps are available at sc.edu/gamecockslw and search for "Fit Walk Paths."
- **Sexual Assault & Violence Intervention & Prevention (SAVIP):** Offers services to survivors of sexual assault, attempted sexual assault and/or interpersonal violence in the UofSC community including 24-hour on-call staff, medical accompaniment, safety planning, housing relocation, legal advocacy and more. Call 803-777-8248 or visit sc.edu/stopsexualassault.
- **MYgroup Employee Assistance Program (EAP):** The Employee Assistance Program was developed as a way for the university to support our employees through times of need. Employees have access to counselors 24 hours a day, 365 days a year by calling 1-800-633-3353 or 704-529-1428, or through unlimited website access at mygroup.com (Username: USC Password: guest)
- **Campus Recreation:**
 - Exercise Facilities:* The Strom Thurmond Wellness & Fitness Center and the Solomon Blatt PE Center offer state-of-the-art exercise equipment, swimming pools, tennis courts and more! Visit campusrec.sc.edu/wfc
 - Group Exercise Classes:* Provides a motivating atmosphere conducive to working out and appropriate for helping individuals reach their personal fitness goals. Visit campusrec.sc.edu/fitness/group
 - Intramural Sports:* Intramural teams that allow participants to compete at whatever level is comfortable are available. Visit campusrec.sc.edu/intramurals
 - Outdoor Recreation:* Offers a bike shop, equipment rentals, climbing wall and adventure trips. Visit campusrec.sc.edu/orec



WELLNESS TIPS

Get started on your path to wellness by trying one of these activities:

- Attend a fitness class
- Complete an exercise DVD
- Dance, swim, bike or garden
- Go for a walk around campus
- Eat five fruits and vegetables for one day
- Get 8 hours of sleep for two consecutive nights
- Drink 64 oz. of water for one day
- Lift weights
- Take the stairs instead of the elevator
- Practice/learn stress management techniques
- Practice time management
- Find a hobby that helps you relax
- Start writing in a journal
- Try yoga or meditation

**Live Well.
Work Well.
Thrive.**



WELLNESS AMBASSADORS

Become a UofSC Wellness Ambassador!

Wellness Ambassadors are university faculty and staff members committed to health who serve as champions for employee wellness. They share information and engage friends and colleagues to participate in wellness programs and create momentum around leading a healthy lifestyle.

Your role as a Wellness Ambassador includes:

- Onboard training with a toolkit of wellness resources provided
- Dedicated time to serve in your role (1-2 hours per month)
- Ability to partner with the Gamecocks LiveWell office to bring wellness events to your department.
- Be an active part of Gamecocks LiveWell programs and events
- Being passionate about health and wellness

To serve as your department's Wellness Ambassador or for more information, visit sc.edu/gamecockslw and search for "Wellness Ambassadors."



Gamecocks LiveWell

CONTACT INFORMATION

803-777-6518

livewell@mailbox.sc.edu

sc.edu/gamecockslw



@GamecocksLiveWell

HEALTHY CAROLINA



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