

HR Monthly Digest

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August 2011

Events & Announcements

Workplace Health and Wellness

[BeWell Newsletter](#)

Healthy Skin and Summer Fun

Surviving the sun this summer should be your priority. Learn how to protect your skin from sun damage and prevent skin cancer. Take part in outdoor activities that increase your physical activity, connect you with your family and community, and are fun and environmentally-friendly.

For more information, [click here](#).

Take Care of Your Heart and Live Long

Taking care of your heart is key to living well and living a long, quality life. Dr. Kochar, Associate Dean, Graduate Medical Education, UCR School of Medicine, will share his extensive research and expertise on hypertension and other risk factors for heart disease. Key recommendations for a heart - healthy lifestyle will be provided along with free blood pressure checks.

For more information, [click here](#).

Know Your Numbers Health Screening

Know Your Numbers is a FREE health screening that includes: Total & HDL cholesterol (non-fasting, finger stick), Glucose (non-fasting, finger stick), Blood pressure, Body fat, and Body mass index (BMI). No appointments necessary.

For more information, [click here](#).

Take Your StayWell Health Assessment to earn your \$100 incentive!

UC will provide a \$100 gift certificate to each eligible employee and retiree and a \$50 gift certificate to eligible spouses/domestic partners who complete the Health Assessment and follow-up program. It is recommended that you take your health assessment as early as possible.

For more information, [click here](#).

Stand Up For Your Health

The Ergonomics and Wellness Programs are promoting the benefits of standing during the workday by hosting a drawing for a WorkFit sit-stand workstation. Participate in Ergo iSEAT, RSI Guard, and WalkingFit to qualify to win one of 3 WorkFit workstations!

For more information, [click here](#).

Benefits

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Staff Employment & Development

iRecruit

Human Resources is pleased to announce that iRecruit is on track for full deployment to the campus, effective September 1, 2011. iRecruit user demonstration workshops will be offered on August 18 and August 31.

For more information and to RSVP, [click here](#).