

HR Monthly Digest

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September 2011

Events & Announcements

Workplace Health and Wellness

[BeWell Newsletter](#)

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](#).

MobileFit Program begins the week of September 26!

The MobileFit program is available for all faculty and staff who are interested in participating in a convenient on-site fitness program to improve overall health and wellness. The goal of this program is to reduce the risk of musculoskeletal injuries by increasing body awareness, improving core strength and stability, improving coordination and reaction time, and increasing flexibility.

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

Weigh Well

Weigh Well is a 10 week program focused on healthy weight, nutrition, and physical activity. Participants set weight, nutrition, activity goals, receive weekly tips and materials, and earn rewards for their accomplishments. Each week participants attend an hour educational session or group fitness activity.

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

New Ergonomics Program Website!

The UCR Ergonomics Program has a new website! We have all of the same helpful information and services.

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

Benefits

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Policy & Programs

[New Chancellor's Recognition of Staff & Faculty Service Program!](#)

The new program has been established to recognize the dedication and service of staff, faculty and other eligible academic personnel. The revised program offers more meaningful awards, which recognizes the commitment and contributions made to our students, the mission of the university, and the community. The program is effective September 1, 2011.

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

[New Student On-Campus Employment Program \(SOCEP\)](#)

The new program has been established to assist departments in promoting student employment opportunities and students in finding employment on campus. The program is effective September 1, 2011.

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

[Friendly Reminder - Leave for School Activities](#)

Per the [UC Absence from Work Policy \(2.210\)](#) and the [California Family-School Partnership Act](#), an employee who is the parent, guardian, or grandparent with custody of a child in grades Kindergarten through 12, or a child attending a licensed day care facility, may take off up to forty (40) hours per calendar year (but no more than eight (8) hours in any one calendar month) to participate in activities of the school or licensed day care facility. The employee must provide reasonable notice and may elect to substitute accrued vacation leave (or PTO, if applicable) and/or compensatory time off for this purpose. At the supervisor's discretion, the employee may be required to provide documentation from the school or licensed day care facility as proof that the employee participated in the activity on a specific date and at a particular time.

Staff Employment & Development

[Diversity Certificate Program – Applications Being Accepted Now!](#)

The Making Excellence Inclusive Diversity Certificate Program, a foundational part of the Chancellor's Diversity Education Program, is proudly kicking off its fourth year on campus and applications are being accepted now.

For more information or to download an application, please [click here](#).

Benefits

[Fidelity Investments Retirement Savings Program Help Desk](#)

A representative from Fidelity Investments will offer a Retirement Savings Program Help Desk on Friday, October 7, from 12:00 to 2:00 PM, in the HR Employee Development Center. No appointment is needed. The Help Desk will answer individual-specific questions about the UC Retirement Savings Program.

Fidelity Investments Free Financial Education Presentations for Departments

Fidelity Investments Senior Retirement Counselor, Jeff Crowley, is available to tailor a financial education program to meet the needs of individual departments. He is available to conduct the financial education sessions at a time and location that is convenient for the department **at no cost**.

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