



EVP Divisional News & Announcements

Fall 2018

Message from Craig

The autumn season is upon us, and in higher education this means the beginning of a new academic year, more projects, tighter deadlines, and busier schedules. There are times the work itself is a great reward, as we realize our contributions to serving society (both here in Philadelphia and beyond). However, while we gain satisfaction from this work, we also need to be attentive to our personal health. Wellness has become increasingly cited in the popular press and become more integral to the culture of organizations. Penn has also fostered a culture of wellness as we have implemented a series of initiatives to support students as well as address the needs of faculty and staff.

How does Penn Support a Culture of Wellness? We are a substantial and diverse community and we have a range of professionals working in shifts around the clock to operate our campus. Recognizing this, the Division of Human Resources has offered a variety of programs that encourage personal wellness. We sponsor “Know Your Numbers” – an onsite biometric screening that has a positive impact on an individual’s health, and host programs ranging from chair yoga and walking programs to flu shots and workshops on mindfulness. Importantly, we provide the Employee Assistance Program with professional behavioral health services. HR’s website is a rich resource of information.

<https://www.hr.upenn.edu/PennHR/wellness-worklife>.

In 2018, Penn inaugurated The *Wellness at Penn* initiative, <https://www.wellnessatpenn.com/>, which included hiring a Chief Wellness Officer. We are providing a broad range of services that includes physical and behavioral health; developing coping and resiliency skills,

setting/managing personal and professional goals, and providing tools for personal finances. When combined with HR's offerings, we are reinforcing throughout Penn that wellness matters.

If you are getting started on this path, don't be daunted in taking the first step. Your participation can be as simple as regularly getting up from your desk and moving throughout the day; joining Penn's walking club; keeping your kitchen areas and breakrooms stocked with healthy snacks; having water located in a convenient spot; or finding time to socialize over lunches or coffee breaks with colleagues. It is well documented that moving regularly, eating healthy, and socializing are key parts of our overall health.

I hope you take full advantage of Penn's programs, which we are proud to offer, and wish all of you well as you are the engine that runs our institution. And, like any well running "engine", we all require maintenance from time to time!

Best,
Craig



Craig's Tip of the Season

Penn Human Resources offers online videos and training modules covering everything from building a career plan to understanding Penn's tuition benefits programs. New trainings are posted periodically.

Visit www.hr.upenn.edu/learn-grow to view these informative resources.

Craig's List

(Not to be confused with Craigslist)

Penn's HR department is calling for Models and Pillars of Excellence: Interested in nominating a staff member for a Models of Excellence Award? Nominations for fiscal year 2019 are open now through October 19, 2018. In addition, learn more about paid leave: Have you heard about Penn's new Paid Parental Leave Policy?

Workday@Penn (Human Capital Management) is in full swing. Learn more about Workday@Penn at the October 11th Town Hall.

IT Security has never been more important. New Identity & Access Management (IAM) program will provide Penn's users with simplified, secure access to the University's vast array of electronic resources and services.

The retail options on campus just keep getting better. Penn Dining introduces a new and improved Houston Market, and a few new retailers recently opened their doors to the Penn community: [Louie Louie Bistro & Bar](#), [SoBol University City acai bowls](#), and [lululemon athletica](#).

Public Safety and Penn Medicine Take to the Road for a Good Cause: Riders from Penn's Division of Public Safety and Penn Medicine bike to the shore for fallen first responders.

Facilities and Real Estate Services has a website that guides us towards the healthy options: Discover Any Which Way to Wellness with the kickoff to another school year through a pocket guide to staying happy and healthy around Penn's campus.



Did you Know?

Did you know that Penn has a centralized website for all of the major policies at Penn?

<https://www.upenn.edu/about/policies>.

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