The University of Alabama
Organized by the
UA DEPARTMENT OF
HUMAN RESOURCES

October 17, 2018
Coleman Coliseum

work-life & Wellness Expo
The University of Alabama
Organized by the
UA DEPARTMENT OF
HUMAN RESOURCES
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In the home and in the community

Whether you’re depositing a check from your kitchen with our mobile app or stopping by one of our convenient branches, we believe in making money management easy for our members, no matter where you are.

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### Hands On Health Demonstrations

CM Newton Room at Coleman Coliseum

**What is Hands on Health?** A brand new series of FREE events for employees, retirees & spouses!

**Where is Hands on Health?** All events are held in the C.M. Newton room at Coleman Coliseum.

**When is Hands on Health?** An event starts every 30 minutes beginning at 8:00 am.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity / # Sessions</th>
<th>Exhibitor</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 – 8:30 a.m.</td>
<td>Gentle Yoga</td>
<td>Whitney Pape, University Recreation</td>
</tr>
<tr>
<td>8:30 – 9:00 a.m.</td>
<td>Gentle Yoga</td>
<td></td>
</tr>
<tr>
<td>9:00 – 9:30 a.m.</td>
<td>Nordic Walking</td>
<td>Leroy Hurt, College of Continuing Studies</td>
</tr>
<tr>
<td>9:30 – 10:00 a.m.</td>
<td>Nordic Walking</td>
<td></td>
</tr>
<tr>
<td>10:00 – 10:30 a.m.</td>
<td>Open Enrollment, Q&amp;A Session</td>
<td>UA Benefits Office</td>
</tr>
<tr>
<td>10:30 – 11:00 a.m.</td>
<td>Open Enrollment, Q&amp;A Session</td>
<td></td>
</tr>
<tr>
<td>11:00 – 11:30 a.m.</td>
<td>Car Seat Safety Training</td>
<td>Safe Kids Alabama</td>
</tr>
<tr>
<td>11:30 a.m. – 12:00 p.m.</td>
<td>Car Seat Safety Training</td>
<td></td>
</tr>
<tr>
<td>12:00 – 12:30 p.m.</td>
<td>Mission, Volunteer Opportunities and Services Offered</td>
<td>American Red Cross, West Alabama</td>
</tr>
<tr>
<td>12:30 – 1:00 p.m.</td>
<td>Mission, Volunteer Opportunities and Services Offered</td>
<td></td>
</tr>
</tbody>
</table>

**SPONSORED BY**

University Medical Center
**Online Learning Systems, Instructor-Led Courses and Employee Development Resources** are available to assist employees with job skills, career development, and personal growth.

<table>
<thead>
<tr>
<th>Spark</th>
<th>For more information visit <a href="http://hrspark.ua.edu">hrspark.ua.edu</a>, Email: <a href="mailto:HRLearningandDevelopment@ua.edu">HRLearningandDevelopment@ua.edu</a> or Phone: 348-9700.</th>
<th>The Spark website provides employees with one-stop access to online learning and development resources. From Spark, employees can navigate to the online learning portals listed below and connect to other UA training resources. <strong>SPARK Online Learning Website:</strong> <a href="http://hrspark.ua.edu">hrspark.ua.edu</a></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>New employees receive email notifications of Required Compliance Training and Log in to Training Academy with their myBama user name and CWID.</strong></td>
<td>Additional training may be assigned based on employment status, work environment, or course enrollment.</td>
<td></td>
</tr>
<tr>
<td><strong>Manager resources</strong></td>
<td>These resources for managers delivered in a short, interactive, online format cover critical topics that lead to better management. Log in to myBama at <a href="http://mybama.ua.edu">mybama.ua.edu</a>, select the Employee tab, and look for the Login Instructions link below the ManageElite icon.</td>
<td></td>
</tr>
<tr>
<td><strong>UA Staff Career Resource Fair</strong></td>
<td>The UA Staff Career Resource Fair is hosted by the UA Human Resources Recruitment Department and gives staff employees an opportunity to connect one-on-one with UA representatives to discuss academics, skills and professional development. The fair also showcases various types of development opportunities that are offered on the University’s campus, as well as benefits that support educational development.</td>
<td></td>
</tr>
<tr>
<td><strong>myBama</strong></td>
<td>Employees can access training tutorials for administrative systems, update personal employment records with Banner Self-Service, view resources on safety, health and well-being, and access general campus information through <a href="http://myBama.ua.edu">myBama.ua.edu</a>.</td>
<td></td>
</tr>
<tr>
<td><strong>Academic Impressions</strong></td>
<td>Academic Impressions provides employees access to live and recorded online webinars and trainings that are timely, targeted and specific to higher education. Go to: <a href="http://www.academicimpressions.com/_aipro/login.php">http://www.academicimpressions.com/_aipro/login.php</a> -Log in with your own University of Alabama email -Use AI Pro Code: AIPRO_B98F78</td>
<td></td>
</tr>
<tr>
<td><strong>Personal Advantage</strong></td>
<td>Personal Advantage is a work-life website containing more than 20,000 articles and interactive resources. Visit <a href="http://www.AmericanBehavioral.com">www.AmericanBehavioral.com</a>, select Member Login, register UofA as the company name, and create your username and password.</td>
<td></td>
</tr>
</tbody>
</table>
Spark is a website created to provide all UA employees with easy one-stop access to their online and instructor-led learning needs for professional development and compliance training. On the Spark website, employees can easily navigate to the course registration system and learning portals, such as Skillsoft Training Academy, ManageElite, Academic Impressions, and more.

Both UA faculty and staff can access a variety of engaging content including online courses, webinars, books and articles, which are designed to enhance learning and development.


**FINANCIAL WELLNESS**
- Cash Management & Budgeting
- Creating an Income Stream in Retirement
- Estate Planning
- Getting a Head Start: A Step-By-Step Overview of Your Plan
- Halfway There: A Retirement Checkpoint
- Managing Income and Debt
- Money at Work: Foundations of Investing
- Planning for the Confident Retirement
- Social Security and Your Retirement
- The Basics of Investing
- 10 Basic Steps for Special Needs Caregivers

**PERSONAL DEVELOPMENT**
- Bringing Out the Best in Others
- Capitalizing on Leadership Competencies
- Developing Positive Assertiveness
- Effective Problem Solving & Decision Making
- Ethical Decision Making
- Professionalism at Work
- The Etiquette Advantage in Business
- The 7 Habits of Highly Effective People
- Time Management Processes and Solutions
- Self-Inflicted Overload
- Sensitivity and Human Relations
- Writing and Managing Email

**SAFETY & WELLNESS**
- Active Shooter Training
- AED & CPR
- Disaster Preparedness for the Home
- Emergency Preparedness Awareness
- Ergonomics in the Workplace
- Lab Safety Sessions
- Maintaining Work-life Balance
- Stress Management in the Workplace

**MANAGEMENT & LEADERSHIP**
- Conducting Annual Performance Reviews
- Dimensions of Diversity
- Getting Results through Influence
- Manager’s Guide to Documentation and Discipline
- Managing and Supervising Students
- UA Essentials for Management: Policies
- UA Essentials for Management: Communication
- UA Essentials for Management: Performance

For more information visit http://hrspark.ua.edu, Email: HRLearningandDevelopment@ua.edu or Phone: 348-9700
## Nursing Mothers Rooms

The University of Alabama provides lactation rooms to support nursing mothers returning to work, school, or campus. Each room offers a clean, secure, and private space for women who need to express breast milk during their time on campus. Individuals should bring with them any needed personal supplies. For a list of updated locations, visit [http://hr.ua.edu/work-life-resources/new-parent/lactation-support](http://hr.ua.edu/work-life-resources/new-parent/lactation-support).

<table>
<thead>
<tr>
<th>Room Location</th>
<th>Features</th>
</tr>
</thead>
<tbody>
<tr>
<td>470 Alston Hall</td>
<td>Includes a comfortable chair and table, dimmer light switch, electrical outlets, private lock, and a bulletin board. There is a sink and counterspace.</td>
</tr>
<tr>
<td>Recreation Center First Floor</td>
<td>Two Family Changing rooms which include seating, private locks, and sinks.</td>
</tr>
<tr>
<td>165 Law Center</td>
<td>Includes a chaise lounge and table, as well as electrical outlets and a private lock. It is adjacent to a staff lounge where sinks are located.</td>
</tr>
<tr>
<td>1023 Cyber Hall</td>
<td>Includes a comfortable chair and table, as well as electrical outlets, noise machine and private lock.</td>
</tr>
<tr>
<td>2015A North Lawn Hall</td>
<td>Includes a sink, chair, electrical outlets, and a private lock.</td>
</tr>
<tr>
<td>119 Facilities Administration Building</td>
<td>Includes a table, chair, electrical outlets, and a private lock.</td>
</tr>
<tr>
<td>2002 Little Hall</td>
<td>Includes a sink, table, chair, electrical outlets and a private lock.</td>
</tr>
<tr>
<td>208A Gorgas Library</td>
<td>Includes a table, comfortable chair, electrical outlets, and a private lock. Key must be picked up at circulation desk.</td>
</tr>
<tr>
<td>1437 Science and Engineering Complex</td>
<td>Includes a sink, table, comfortable chair, electrical outlets and a private lock.</td>
</tr>
<tr>
<td>1008 Moody Music Building</td>
<td>Includes a sink, comfortable chair, electrical outlets and private lock.</td>
</tr>
<tr>
<td>1022 HR Administration Building</td>
<td>Includes a sink, table, comfortable chair, electrical outlets and a private lock.</td>
</tr>
<tr>
<td>206 Hardaway Annex</td>
<td>Includes a comfortable chair and table, electrical outlets and a private lock.</td>
</tr>
</tbody>
</table>
Baby Yourself Maternity Program is a prenatal program that is provided through BlueCross BlueShield of Alabama. The program helps ensure expectant mothers and their babies receive the best possible healthcare during pregnancy. This program is available to expectant mothers, regardless of whether or not their pregnancy is normal or high risk.

What Services Are Provided?
- Support and educational material from a Blue Cross registered nurse.
- A personal nurse that you can call with any questions or concerns.
- Care coordination, including the arrangement of home health services when indicated, for high-risk pregnancies.
- Useful gifts that support healthy habits, highlight the importance of prenatal care, and address the changes and challenges that accompany pregnancy.

Visit [www.bcbsal.org/web/health/baby.html](http://www.bcbsal.org/web/health/baby.html) to learn more about the program.
BIG AL WORKS HARD
BEHIND THE SCENES, AND SO DO WE.

Blue Cross has the largest network of doctors and hospitals in the nation along with digital tools for on-the-go access to health information. So whether you’re training for the big game or traveling to cheer on the Tide, we have you covered.

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**Free Health Screenings**

- Blood Pressure: MedCenter Urgent Care (26)
- Flu Shot: University Medical Center (56)
- Hearing Test: Hear Here Alabama van (57, outside)
- Shingles Vaccine: Winn-Dixie Pharmacy (17)
- Vision Screening: Cardiac Electrophysiology of AL (65)
- Comprehensive: WellBAMA (UA Employees only)

**Back and Body**

- Agee Chiropractic & Wellness Center (27)
- Anchored Chiropractic (46)
- Crimson Chiropractic (4)
- DCH SpineCare (54)
- Drayer Physical Therapy (15)
- Encore Rehab (3)
- Family Chiropractic (36)
- The Laser Skin Center (24)
- Spine and Sport Chiropractic (71)

**Disease Management**

- Alabama Organ Center (9)
- Cardiology Consultants, P.C. (1)
- DCH Cardiac Electrophysiology of Alabama (65)
- DCH Cardiac Rehab (55)
- DCH Center for Occupational Health (60)
- DCH Lewis and Faye Manderson Cancer Center (41)
- Laura Crandall Brown Foundation (Ovarian Cancer) (22)
- Rumpshaker, Inc. (Colon Cancer) (62)
- Snow Sleep Center (61)
- The Radiology Clinic (34)
- University Oral & Facial Surgery, P.C. (38)

**Urgent Care**

- Crimson Care (5)
- Emergi-Care Clinic, PC (43)
- MedCenter Urgent Care (26)

**Employee Benefits**

- UA Benefits Office (13)
- American Behavioral EAP (14)
- Blue Cross and Blue Shield of Alabama (16)
- TIAA (6)
- Total Administrative Services Corp. (TASC) (12)
- United Healthcare Vision (11)
- VALIC (23)

**Community Impact & Engagement**

- American Red Cross of West Alabama (30)
- Alabama Department of Public Health (42)
- Tuscaloosa River Market (63)
- United Way of West Alabama Success by 6 / 2-1-1 (49)

**Mental Health & Substance Abuse**

- Bradford Health Services (29)
- DCH North Harbor Pavilion (33)

**Bama Perks & Financial Wellness**

- Alabama Credit Union (45)
- Staples Business Advantage (21)
- T-Mobile (37)

**Pharmacy**

- Prime Therapeutics (18)
- Novo Nordisk (40)
- Winn-Dixie Pharmacy (17)

**Dental Hygiene**

- Center for Cosmetic & Restorative Dentistry (47)
- Cumberland Dental (2)
- Mark Tickle Family & Implant Dentistry (7)
- Riverview Orthodontics (59)
- PT Orthodontics (28)
- University Orthodontics (69)
- Smile Doctors Braces (35)

**Home Health and Hospice**

- DCH Home Health Agency (20)
- Hospice of West Alabama (53)
- OxyCare Plus, Inc. (50)

**Indoor & Outdoor Recreation**

- Pure Barre Tuscaloosa (70)
- YMCA Tuscaloosa (64)
- University Recreation (48)

**New Parents and Children**

- Regional Autism Network at UA (39)
- PAL – Parenting Assistance Line (51)
- Safe Kids Tuscaloosa (58)

**Nutrition**

- Bariatric Health and Wellness (10)
- DCH Center for Diabetes and Nutrition (19)

**Retirement**

- TUARA (UA Retiree Association) (32)
- Alabama Education Retirees Association (31)

**University of Alabama Services**

- UA Action Card (8)
- UA Athletics Marketing & Promotions (67)
- UA Continuing Studies & Community Engagement (66)
- UA Department of Communicative Disorders (57)
- UA New College LifeTrack (68)
- UA Office of Information Technology (25)
- University Medical Center (56)

**Vision**

- Eyecare Associates (72)
- Precision Eyecare (44)
- Walmart Vision Center (52)
WELCOME TO
THE UNIVERSITY OF ALABAMA

HANDS ON HEALTH EVENTS
CM Newton Room

Every 30 minutes from 8:00 am – 1:00 pm
wlwx.ua.edu/hands-on-health/

= Free Health Screening Stations

COLEMAN COLISEUM
TUARA is organized for the following purposes:

1. To present the problems and needs of retired University of Alabama personnel by communicating with representatives of the University, government, and other groups;

2. To educate the public about the problems and needs of retired persons; and

3. To promote continuing support by members, alumni, and friends of the University to help enhance the scholarly and other professional objectives of the institution in order to more effectively serve the students and citizens of the state and nation in the years ahead.

Find out more information online at hr.ua.edu/tuara.
RETIREMENT SAVINGS ADVISORS

TIAA and VALIC provide University employees with free, on-campus individual counseling. Employees can ask about investment options and strategies, retirement planning, or other investment matters.

For access to upcoming session schedules, visit http://hr.ua.edu/benefits/retirement-benefits or contact the HR Service Center at (205) 348-7732.

Advisor: Jacob Gilbert, Richella Vincent Lee and Brad Propst

To schedule an appointment, call 1-800-732-8353.

www.tiaa.org

Advisors: Paige Lombardy and Corbin Ellard

To schedule an appointment, call 205-967-8974.

www.valic.com

LIFE TOOLKIT RESOURCES

Group Life insurance from The Standard comes with a package of free services to help you and your beneficiary make important decisions.

The online legal library includes an extensive selection of forms and documents you might need in many areas of your professional or personal life.

The document-assembly technology guides you through the creation of your state-specific legal form or legal document quickly and easily. Each document or form is supported by educational content, definitions, and help prompts as it is filled out.

Your document is created in real time as you follow the prompts. Documents you create are stored on a secure server and accessible 24/7 via e-mail address and password that you create.

Forms in these categories are available:

- Will Prep
- Living Will
- Power of Attorney
- Estate Letters
- Living Trusts
- Name Change
- Premarital Agreement
- Complaint Letters
- Personal Service Agreements
- Landlord/Tenant
- Promissory Notes
- Identity theft documents
- Property rental agreements

Access the Life Toolkit Resources online at www.standard.com/toolkit.

Username: assurance
For over 30 years, Encore Rehabilitation has been providing quality physical therapy, occupational therapy, industrial rehab, and sports medicine throughout Alabama and Mississippi. We are an employee oriented company with a tremendous team of dedicated and experienced employees who understand the many environments in which a therapist can provide treatment. Through our specialized divisions, Encore provides rehabilitation services of unsurpassed quality. If Physical Therapy is in your future call Encore today!

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- Dry Needling
- Pain Management
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- Referrals Accepted

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Tuscaloosa, AL 35405

Encore of Northport
205-344-9161
92 McFarland Blvd
Northport, AL 35476
What is WellBAMA? WellBAMA is the University of Alabama’s signature wellness program, free for faculty and staff. Our dedicated team of health and wellness professionals is available to help you understand your current level of health, identify goals, and provide you with the programs and resources you need to achieve those goals. For more information, you may call our office at 205-348-0077 or e-mail wellness@ua.edu.

How do I register for a WellBAMA biometric screening? Visit http://wellness.ua.edu/wellbama/ for instructions on how to register for a WellBAMA screening, reschedule or cancel an existing appointment or register for a Group Session. (Once you log into myBama, you will be directed to the WellBAMA registration page.)

Beginning in 2016, all UA employees now have the opportunity to purchase Fitbit devices at reduced rates and to participate in campus-wide wellness challenges! This is a System-wide initiative, so employees will be able to challenge individuals at UAB, UAH and the UA System Office.

Purchase your device and register for an upcoming challenge online: wellness.ua.edu/fitbit/.

<table>
<thead>
<tr>
<th>ANNUAL WELLNESS PROGRAMS</th>
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<tbody>
<tr>
<td><strong>FALL</strong></td>
</tr>
<tr>
<td>QUAD in MOTION</td>
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<tr>
<td>MORE STRESS LESS</td>
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<tr>
<td>STRIVE FOR FIVE</td>
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<tr>
<td><strong>SPRING</strong></td>
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<tr>
<td>CRIMSON COUCH to 5K</td>
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<tr>
<td>MINDFULNESS &amp; MEDITATION</td>
</tr>
<tr>
<td><strong>SUMMER</strong></td>
</tr>
<tr>
<td>SUMMER SLIM DOWN</td>
</tr>
<tr>
<td><strong>YEAR ROUND</strong></td>
</tr>
<tr>
<td>fitbit</td>
</tr>
</tbody>
</table>

Stay connected with Wellness through the UA app
UNIVERSITY RECREATION

Group exercise classes are offered at the Student Recreation Center, Witt Center and the Aquatic Center. View schedules posted online: urec.sa.ua.edu/fitness/group-exercise/.

Outdoor Recreation also offers various guided trips throughout the semester. Most trips are geared towards entry level activities and aim to teach participants baseline knowledge of the activity. Gear, guides, and a ride are included. View the upcoming schedule online: urec.sa.ua.edu/outdoor-recreation-news/trips-and-clinics/.

Employees, spouses and dependents are encouraged to purchase memberships. Contact the Membership Office at 205-348-5140, or email at: urecmembership@ua.edu for more information.

EDUCATIONAL BENEFIT

Educational Benefits are available to eligible staff members, their spouses, and their dependents.

Eligible employees may receive 100% payment for up to 3 hours at the in-state tuition rate for undergraduate and graduate courses, and 50% for all other hours taken. Eligible dependents of employees may receive up to 50% payment for all hours taken. Some exceptions apply.

For details regarding this benefit, please refer to the Human Resources Policy Manual – Policy 702.00, Educational Benefits or visit http://hr.ua.edu/benefits/other-benefits to apply online.

The University of Alabama Bama Perks Discount Program provides a network of information on exclusive discount offers from vendors that offer their products and services to the UA community at a special rate. View specific offers at http://hr.ua.edu/benefits/other-benefits/bama-perks.

Vendor categories include:
- Automotive Services
- Health and Wellness
- Travel Lodging & Real Estate
- Online Exclusives
- Dining
- Local Discounts
- Wireless & Home Technology
- Work-Life Balance

TIAA is committed to responsible investing and helping customers pursue financial well-being.

Nearly 100 years in experience means TIAA may be a great choice to save for retirement.

www.tiaa.org
800-842-2252
The University of Alabama Employee Assistance Program (EAP) is available to all employees and eligible dependents.

The EAP provides confidential assessment and short-term, professional counseling services for personal problems that interfere with everyday living. Services available to you include:

**Counseling Services**

-Up to five (5) free face-to-face sessions per episode provided for issues such as:
- Grief and loss
- Coping with change
- Marital/family issues
- Interpersonal relationship difficulties
- Stress-related problems
- Referrals to other professionals when necessary

**Work/Life Services**

- **Unlimited Telephonic Coaching:** scheduled telephonic sessions for non-clinical work/life issues such as grief, change, relationship issues, and stress.
- **Eldercare Support Services:** referrals for eldercare; resources and materials on retirement, housing concerns, grief and loss, disaster support, Medicare/Medicaid, and respite.
- **Legal Counseling Services:** a free, comprehensive legal consultation with access to a 25% discounted rate for future services. (These services do not apply to employment issues.)
- **Financial Counseling Services:** a free session with a certified financial professional with access to a 15% discount for future services and/or local community referrals to other financial advisement resources.
- **Community Support Resources:** access to referrals to thousands of community resources including 12-step groups, community mental health agencies, support groups, and more.
- **Online Services:** the American Behavioral website allows you to navigate services offered, locate a provider in your area, take surveys, and much more. Please visit [www.americanbehavioral.com](http://www.americanbehavioral.com).

**Personal Advantage**

Personal Advantage is a work-life website that contains more than 20,000 articles and interactive resources for topics such as emotional well-being, family life, health, financial, legal, personal growth, and stress. Some popular items on the website include personal development trainings, downloadable will kits, financial calculators, and parenting articles.

Visit [www.americanbehavioral.com](http://www.americanbehavioral.com) and click on Member Login. To register, use company name UofA to create your username and password.

For more information or to schedule an appointment, please call American Behavioral at 800-925-5327.
Crimson Urgent Care is dedicated to providing you with quality medical care without the need to wait for appointments, take time out of your day, or wait hours to be seen. We have two locations here in Tuscaloosa: Crimson Care Veterans & Crimson Care Skyland. Visit crimsoncare.com for more information.

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**DRUG SCREENINGS**
**STREP TESTS**
**STI TESTING**
**OCCUPATIONAL HEALTH**
**URGENT MENTAL HEALTH**

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SATURDAY 10:00AM-6:00PM
SUNDAY 12:00PM-6:00PM

(205) 507-1119

**VETERANS LOCATION**
MON-FRI 8:30AM-7:00PM
SATURDAY 10:00AM-6:00PM
SUNDAY 12:00PM-6:00PM

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We want to be the “First Care” you choose to help get you back to feeling well when illness or injury get you down. We provide URGENT CARE and OCCUPATIONAL HEALTH services on a walk-in basis with no appointment needed. We strive to offer quality health care in a cost effective, convenient, efficient, and friendly environment.

**LIFE FUSIONS**

**IV THERAPY**

Grand Opening Special
25% off first Fusion Mix.

Life Fusions will be showing off our love for the art community by hosting an art reception for artist Mollie Mecario during our grand opening. Dive into Life Fusions on October 18 at 1:00 PM for refreshments, art browsing and special discount pricing on your first Fusion Mix Treatment!

1251 McFarland Blvd NE
Tuscaloosa, AL 35406
info@lifefusions.com
lifefusions.com

**NEW LOCATION:** 1251 McFarland Blvd NE, Tuscaloosa, AL 35406

**TUSCALOOSA WEIGHT LOSS CENTER**

(205) 633-3669

**1251 McFarland Blvd NE**
**Tuscaloosa, AL 35406**

**NEW LOCATION: 1251 McFarland Blvd NE, Tuscaloosa, AL 35406**
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205-507-7810

webeca.com
For more information, go to: hr.ua.edu/benefits/openenrollment