

HR Work-Life & Well-Being Services



 Human
Resources
Work-Life





<https://hr.uky.edu/work-life-and-well-being>

Mental health

Personal finance

Personal resilience

Nutrition

Physical activity

Flexible work

Working parents

Elder care



WORK-LIFE AND WELL-BEING

Benefits and practices to help you thrive

You're at your best when your workplace makes your well-being a priority. That's why we make well-being expertise available and make dedicated, ongoing efforts to help everyone thrive here.

Personalized support for what matters most to you



Support to Prioritize Your Work-Life and Well-Being

- **Elder Care**
 - Caregivers support for family members anywhere
- **Mental Health** (therapists)
 - Virtual and in-person appts., 5 free sessions, QPR
- **Nutrition**
 - EatWell, demos, small groups, CSA, WondrHealth
- **Parenting and Child Care**
 - Working Parents Network, BBFC, lactation/breastfeeding
- **Personal Finance**
 - CAPTRUST, Enrich, Savi, GreenPath, HSA
- **Personal Resilience** (health coaches)
 - BeWell, personalized plans
- **Physical Activity**
 - MoveWell, 3 fitness memberships, gyms, classes

ALL OFFER
workshops,
consultations,
events,
outreach and
customized
support



OTHER HELPFUL INFORMATION AND BENEFITS

- HR new website url hr.uky.edu
- Request guest speakers
- UK Employee Discounts
- Tuition Assistance Program (EEP/FEP)
- LiveHealth telehealth and Anthem emotional health
- Hinge Health
- WINfertility
- Flexible Spending Accounts
- MetLaw Legal Services



We are here to support you.

WEBSITE:

<https://hr.uky.edu/work-life-and-well-being>

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