

Be Well with **Employee Wellness**



Utah State University

January 13, 2026

What is the Be Well Program?

- USU's Employee Wellness Program
- For benefited employees
 - Spouse/Partner can utilize resources as well with ID card
- Services, Resources, Events and Incentive Program
- Aim to create a culture of Wellness at USU
 - Remove barriers to engaging in healthy behaviors



Our Mission

- Support employees!
- Focus on eight interconnected dimensions of Wellness
 - Physical, Emotional, Social, Intellectual, Environmental, Spiritual, Occupational, and Financial
- Services, resources and programs aim to address all the dimensions



Importance of Work-Life Balance

- Healthier personal habits → improved work life → better work-life balance
- Better able to engage at work
- May find more capacity outside work for personal life



Ideas for Employees

- Take short breaks
- Don't work through lunch
- Silence notifications
- Prioritize one wellness activity a day



Ideas for Leaders

- Respect boundaries
- Promote flexibility where possible
- Normalize taking breaks and time off
- Check in regularly
- Encourage using wellness resources



Building the Balance

- Create a culture of wellness
- Schedule meeting-free times
- Regularly discuss wellness topics
- Utilize Be Well program



Be Well Services

- Fitness Classes
- Employee Wellness Gym
- Fitness Assessments
- Personal Training



Recreation Facilities on Campus

- HPER
 - Employee Wellness Center, racquetball/basketball/volleyball courts, pools, locker rooms and lockers available
- Aggie Rec Center – Membership required
 - Use of ARC and Campus Rec programs, outdoor rentals, climbing wall, indoor track, locker rooms and lockers available
- Nelson Fieldhouse
 - Indoor track, locker rooms and lockers available



Be Well Resources

- Lunch & Learn's
- Employee Assistance Program
- Health & Wellness Events
- Vaccination Clinics
- Class Auditing



Be Well Rewards

- New partnership with WellSteps
- Tiered Reward program
- Runs annually from Jan. 15 – Dec. 15
- Personal Health Assessment (PHA)



Tiered Reward Levels



Bronze

\$100

150 Points

Silver

+\$100 (\$200)

425 Points

Gold

+\$200 (\$400)

800 Points

Platinum

+\$200 (\$600)

1200 Points

Additional WellSteps Resources

- My Tracker
- Challenges
- Campaigns
- Wellness News/Articles
- Video Library
- Recipes



Register Your Account



Stay Connected



wellness.usu.edu



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**Thank
You**



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