About Occupational Health & Wellness

Occupational Health and Wellness (OH&W) provides comprehensive workplace health strategies to improve the health and well-being of the University community. Our goal is to provide faculty/staff with resources and current information related to balancing health at work and at home.

There are many resources available to assist faculty and staff members in creating a culture of health and wellness so they can be effective in their work. The many services available include activities that promote healthy active lifestyles, Health Surveillance programs, Early Return to Work and Accommodation program, Disability benefit coordination, Ergonomics, the Employee Assistance program, and much more. Please see the menu options to right to explore Occupational Health and Wellness services.

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