

May 2023

Be Well, Be Safe Week Challenge

BENEFIT WEB-SCAVENGER HUNT!

We hope that through this challenge, you can learn about what U of G employee benefits and services you have available to you to support your health and well-being!

- Go through the prompts on the page and fill in the blank. Links are provided in the questions to help you find the answer online!
- Complete the full card and get entered to win 1 of 3 \$25 Hospitality gift cards for your participation!

Submit your completed card via email to Isidora Nezic at wellnessatwork@uoguelph.ca by 8:30am on May 9, 2023.

More info and activities at
<https://www.uoguelph.ca/wellnessatwork/>



May 2023 BENEFIT WEB-SCAVENGER HUNT!

Access to counseling is available 24 hours per day, seven days per week through U of G's Employee and Family Assistance program. What is the phone number that eligible employees can call to receive support?

Answer:

U of G provides eligibility with an extensive range of health benefits. What is your union/employee group's coverage for psychological services?

Answer

U of G employees have access to the *Not Myself Today* initiative to support a mentally healthy workplace. How many learning modules are available on the *Not Myself Today* platform? (hint: you will need to create a Not Myself Today profile to view the learning modules. Info on how to do this is on the Wellness@Work website)

Answer

GREAT at U of G is an initiative designed to enhance the culture of gratitude, recognition and appreciation for all faculty and staff at U of G What does GREAT stand for?

Answer

What does EHS and OHW stand for?

Answer EHS:.....

Answer OHW:.....

You can use your extended health benefits at the Health & Performance Centre on campus. What building is the HPC located in?

Answer.....

As a U of G employee you are eligible for a subsidized Athletics & Recreation membership. List 3 features/services included in the NRG membership.

1)

2)

3)

NAME:

DEPARTMENT:

EMAIL:

EXTENSION:

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