Wellness & Work/Life at the University at Buffalo

The Value of Partnerships
Today’s Presentation Will Cover

- History
- Partnerships
  - Campus
  - Corporate
- Recognition
- Work/Life – Creating a Great Work Place
- What Are Your Challenges?
History

- Founded in 2008
- New focus on employee services
- 3 FTE’s
Areas of Responsibility

- Employee Wellness
- Work/Life Balance Initiatives
- Employee Discount Program
- Employee Volunteer Efforts

This presentation will cover wellness & work/life initiatives.
Employee Wellness Programs

- Exercise is Medicine
- Smoking Cessation
- Stress Management

Developed through on-campus partnerships

- Eat Well Live Well
- Wellness Awareness Day

Developed through corporate partnerships
Exercise is Medicine

- School of Public Health
- Pre and post testing
- Maintenance phase
Smoking Cessation

- Student Wellness Services
- Offering faculty/staff
  - Weekly quit clinics
  - Quit coaching
  - Plan your quit workshops
Stress Management

- Employee Assistance Program (EAP)
- Stress management
- Referrals
Eat Well Live Well

- Wegman’s (local supermarket chain)
- Strive for five
- Online tracker
Wellness Awareness Day

- Area businesses & non-profits
- Half-day
  - Q&A sessions
  - Demonstrations
  - Healthy food
Recognition

- National Association for Female Executives (NAFE)
- Independent Health's Healthy Workplace Award
- Alliance for Work-Life Progress 2013 Seal of Distinction
- The Chronicle 2012 Great College to Work For®
Work/Life Balance
Building a Great Place to Work

- Effort to improve work culture
  - Employee Assistance Program
  - Employee Relations
  - Equity, Diversity & Inclusion
  - Organizational Development & Training
Develop climate survey

Present

Send survey and analyze results

Present

Focus groups

Present

Present
Building a Great Place to Work

Positive Trends

• Identify areas to improve
• Refer for further assistance!
  • Training
  • Professional development
  • Counseling
  • Stress management
What are your challenges?

- Return on investment
- National partners
- Collaborative programs
- Utilization of resources
Contact

Amy Myszka
Director, Wellness & Work/Life Balance
716-645-5357
amyszka@buffalo.edu

Deborah Hard
Director, Employee Assistance Program
716-645-4440
dahard@buffalo.edu