

# The Whole U

The University of Washington's holistic wellness and engagement program for all UW faculty and staff to prioritize well-being and create connection.

Anna Tegelberg, Assistant Director for The Whole U



# The Whole U Program at a Glance

- 2024 is our 10-year anniversary!
- Our mission: For UW, By UW

## Who can participate?

- UW faculty, staff and retirees
- Students and alumni
- Family and friends
- All are welcome!

## BY THE NUMBERS

2023

### PARTICIPATION

**91,445**

Participation

**642**

Events

### UW DISCOUNTS

**317**

Discounts

### WEBSITE

**1,181,029**

Web Views

**291,315**

Article Views

**138**

Total Articles



# 7 Pillars of Wellness

Being Active

Eating Well

Engaging Interests

Financially Fit

Life Events & Changes

Staying Healthy

Volunteerism



# How to Participate - “Choose your own adventure”

- Events (virtual and onsite)
- Join signature programs and challenges
- [Watch YouTube](#) (event recordings)
- Listen to the [For UW, By UW Podcast](#) or [Spotify](#)
- Read articles
- Use discounts
- Participate in self-paced activities
- Follow along on social media



# Events and Activities

- Faculty lectures
- Wellness classes and workshops
- Onsite activities
- Ongoing fitness and mindfulness

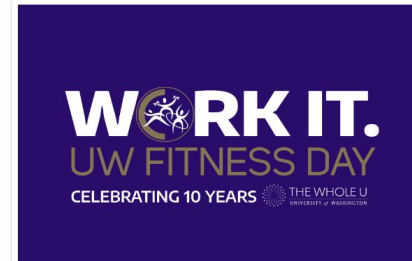
## YouTube library

- All webinars record to YouTube
- 220 videos, and growing!
- Curated playlists
- Updated monthly



Virtual Weight Training Class with  
Lauren Updyke - Tuesdays &  
Thursdays 7:15 a.m. - 7:45 a.m.

Ongoing



UW Fitness Day Seattle 2024!

May 08, 2024, 11:30 a.m. - 12:30 p.m.

Husky Stadium



Exercise Safety During and After  
Pregnancy

May 29, 2024, 12:00 p.m. - 1:00 p.m.

Zoom



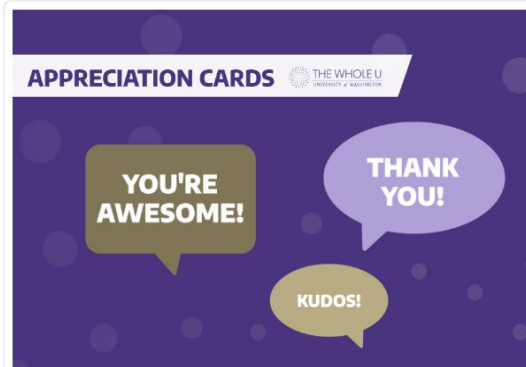
Urban Gardening Lunch and Learn

May 22, 2024, 12:00 p.m. - 1:00 p.m.

Zoom

# Self-Paced Activities and Wellness Resources

- 40 different activities and guides spanning all program pillars



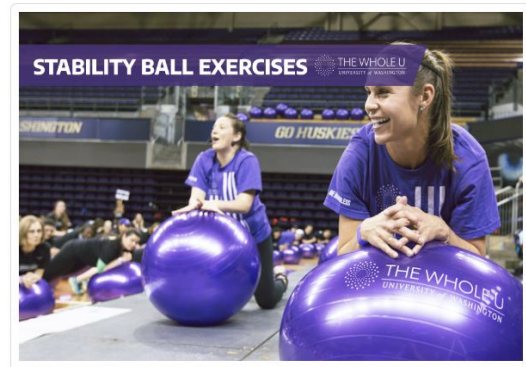
Appreciation Cards

Ongoing



Breakfast Toast Recipes

Ongoing



Stability Ball Exercises

Ongoing

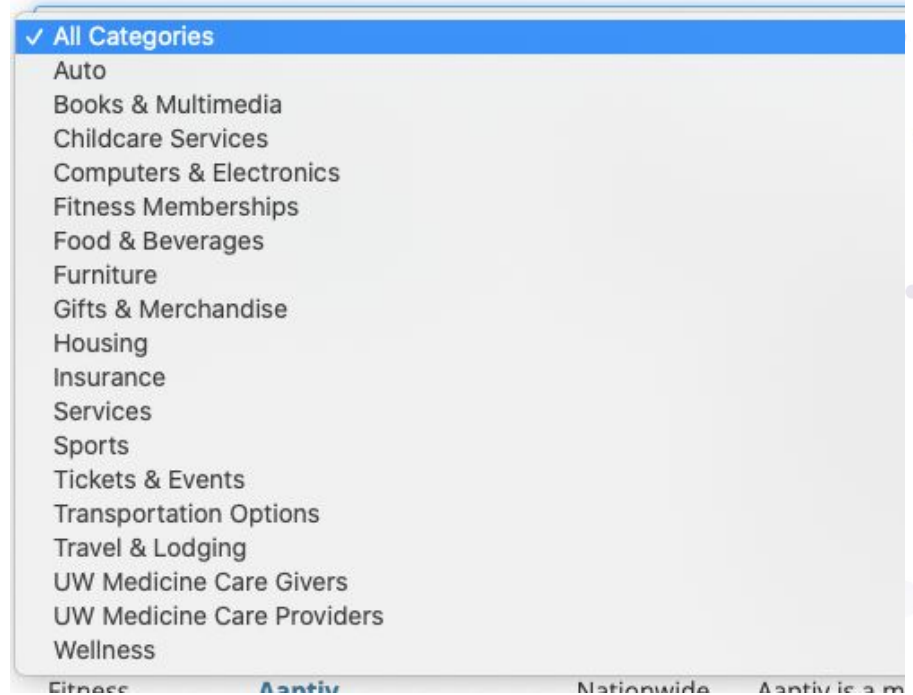
# Signature Programs and Challenges

- The Whole U's Wellness Symposium
- UW Yoga Month
- New Year's Program
- UW Fitness Day
- National Nutrition Month
- UW Photo Day
- UW Nurses Week
- Summer Wellness Challenge
- Earth Month
- Financial Literacy Month
- UW Benefits Fairs and Flu Shot Clinics



# Discount Network





- Over 300 discounts
- 18 categories
- Featured and seasonal discounts are shared monthly in the Insider Calendar.
- **Share with us businesses you'd like to see in the discount network.**





# Articles

- Publish twice a week, covering all pillars each month
- Curated with campus experts and partners
- People of UW column, twice monthly by Ed Kromer

 <p>People of UW THE WHOLE U UNIVERSITY OF WASHINGTON</p>	 <p>People of UW THE WHOLE U UNIVERSITY OF WASHINGTON</p>	 <p>People of UW THE WHOLE U UNIVERSITY OF WASHINGTON</p>	 <p>People of UW THE WHOLE U UNIVERSITY OF WASHINGTON</p>
<p>Centering collective care for Veterans: Meet Kate Hoerster</p> <p><a href="#">Continue Reading →</a></p>	<p>Exploring civic engagement in public spaces: Meet Rubén Casas</p> <p><a href="#">Continue Reading →</a></p>	<p>Uplifting communities: Creating connections with LeAnne Wiles</p> <p><a href="#">Continue Reading →</a></p>	<p>Centering recognition for care providers: Meet Allyson Weymier</p> <p><a href="#">Continue Reading →</a></p>

# Employee Experience Partners

The Whole U, UW Combined Fund Drive, and UW WorkLife make up the Employee Experience unit.

All three programs are under the leadership of Lauren Updyke, Executive Director for Employee Experience.



# UW Combined Fund Drive - Workplace Giving Program

- Annual campaign benefiting featured nonprofit, alongside events, articles and resources.
- Led by Jolyn Mason, Director of Social Impact Programs.
- Advises The Whole U's Volunteerism pillar.
- Husky Strong campaign, 2023 figures to right:
  - \$74,849 donated since 2020

## HUSKY STRONG

### THE WHOLE U CHARITABLE GIVING PROGRAM

**\$24,040**

Donated to UW non-profit  
organizations

**1,445**

Unique donors

# UW WorkLife

UWHR is committed to a workplace culture that is supportive of personal and family life.

**WorkLife resources include:**

- Childcare and parenting
- Adult and eldercare
- Employee Assistance Program - WA EAP

UW WorkLife advises The Whole U's Life Events & Changes pillar and is led by Jessica Cole, Director for WorkLife.



**Get to know WA EAP: For managers and HR professionals**

**May 15, 2024, 12:00 p.m. - 1:00 p.m.**

**Zoom**

Spaces Available: 195 of 200

# Celebrating our 10 Year Anniversary

- Read the 2023 annual & 10 year report - [The Faces & Voices of The Whole U](#)
- [Watch our video](#) sharing insights from our community over 10 years of The Whole U



# Thank you!

