

Sleep Health

A!Sleep

A program of Columbia Health providing resources for a better night sleep, including tips, a sleep diary, sleep assessment and more. <https://sleep.health.columbia.edu>

Additional Wellbeing Initiatives

Breastfeeding Support Program*

Private lactation rooms, equipped with hospital-grade pumps, are available on all of Columbia's campuses.

<http://worklife.columbia.edu/breastfeeding-support>

Ergonomics

Environmental Health & Safety offers monthly workshops to help you perform your job in a manner that prevents ergonomic risk factors, such as poor posture and excessive reaching. <http://ehs.columbia.edu/Ergonomics.html>

Flu Prevention

Members of the Columbia community can receive free flu shots at flu fairs.

<http://www.cumc.columbia.edu/hr/>
<http://health.columbia.edu/staying-healthy/flu-clinics>

Smoke-Free CUMC

Columbia University Medical Center is a completely smoke-free environment.

<https://www.cumc.columbia.edu/facilities-management/campus-services/smoke-free-cumc>

Travel Health

Information and immunizations for international travel for Morningside campus members and their spouses/partners.

<http://www.health.columbia.edu/travel-medicine>

Wellness Benefits

Employees currently enrolled with the university's medical provider, UHC, are eligible for several wellness benefits including wellness coaching, a digital wellness portal called Rally, maternal and fertility programs, condition management and more. To get started, call 800-232-9357 or visit www.myuhc.com.

LDEO Campus

Many wellness activities exist at the Lamont-Doherty Earth Observatory campus. Visit the "Life at Lamont" website for more information about tai chi and yoga classes, pick-up soccer games, and bicycling in the local area.

<http://www.ldeo.columbia.edu/campus-life/life-lamont>

Stay in Touch!

Join the CU Wellness listserv to receive information about Office of Work/Life wellness programs, other wellness-related events at the University, and motivational and educational e-mails.

<http://worklife.columbia.edu/wellness-listserv>



Office of Work/Life, Columbia University

worklife@columbia.edu

212.854.8019

www.worklife.columbia.edu

COLUMBIA UNIVERSITY
WORK | LIFE

Wellness at Columbia

A Comprehensive Resource Listing of Wellness Services, Programs, and Initiatives for Faculty and Staff



November 2017

Office of Work/Life Wellness

Columbia University's Office of Work/Life aims to foster the well-being of the Columbia community and its people in their pursuit of meaningful and productive academic, personal and work lives. Work/Life offers a number of wellness services including:

Programs and Workshops

Onsite, university-wide wellness programs and workshops are offered each semester, including physical activity and mindfulness programming, nutrition workshops and more.

Tools and Resources for Departments

Wellness workshops and programs are delivered to departments, schools, and buildings upon request. Current offerings include: Yoga@Work, EAT 5 Nutrition workshops, mindfulness workshops, and wellness challenge programs.

Campus Initiatives

Work/Life collaborates on the development and delivery of healthy and sustainable campus initiatives. Current initiatives include: Bicycle Friendly University, Columbia Recommended Food and Beverage Standard, Take the Stairs Campaign, and more.

Wellness Discounts

Several wellness discounts are available to employees. Fitness center discounts include locations both on and off of campus. Additional discounts are available for eligible employees through Humana Employee Assistance Program's Spendless Discount Program Benefit and Aetna Columbia Dental Plan's GlobalFit Benefit.

For more information on wellness initiatives and additional Work/Life services including back-up care, breastfeeding support, housing information and referral, and child care and schooling search, visit <http://worklife.columbia.edu>, email worklife@columbia.edu, or call 212-854-8019.

***Services, programs and initiatives facilitated by the Office of Work/Life in partnership with additional departments.**

Physical Activity

Walk to Wellness*

A free, instructor-led walking program on the Morningside, Manhattanville, and Medical Center campuses. <http://worklife.columbia.edu/walk-wellness>

Bicycle Friendly University*

The League of American Bicyclists named Columbia as a Bicycle Friendly University and Business. Find campus bike maps, bicycling workshops and events, tips, discounts, and more. <http://transportation.columbia.edu/>

Take the Stairs Campaign*

A campaign encouraging taking the stairs over the elevator to add physical activity into your day and to save electricity.

Food and Nutrition

EAT 5 Initiative*

An initiative designed to help you integrate more fruits and vegetables in your diet.

Farmers Markets at Columbia University

Fresh, healthy and local food is offered at farmer markets at these two campus locations: <https://www.grow NYC.org/greenmarket/manhattan/columbia-th>; <https://www.grow NYC.org/greenmarket/manhattan/fort-washington>

I Love NY Water

A campaign that promotes the environmental benefits of drinking New York tap water. Download a CUMC refill stations map. https://www.mailman.columbia.edu/sites/default/files/pdf/cumc_i_love_ny_water.pdf

Corbin Hill Food Project Farm Share

The Columbia Community Partnership for Health partners with the Corbin Hill Food Project to bring weekly, flexible, subscription-based produce shares. <http://corbinhill-foodproject.org/>

Columbia Dining

Columbia Dining resources include a healthy eating guide and additional tools to help you eat better. <http://dining.columbia.edu/>



Weight Management

Weight Watchers "At Work": Beyond the Scale Program*

Weight Watchers uses an integrated approach to weight loss and management that emphasizes good eating habits, a supportive environment, and exercise. <http://worklife.columbia.edu/weight-watchers-work>

The Weight Control Center

Individual nutrition appointments with a Registered Dietitian and a 12-week group program. To learn more or set up an appointment, contact 212-305-5568.

Mental and Emotional Wellbeing

Mindfulness Programs*

Instructor-led mindfulness workshops and intensive training programs are offered on the Morningside, Manhattanville, and Medical Center campuses. These programs offer stress reduction techniques, meditation practices, and group discussions.

Employee Assistance Program

A free, confidential service available to all benefits eligible employees at the university, the EAP offers counseling, life coaching and convenience services.

Visit <http://www.humana.com/eap> (username: Columbia; password: eap).

Columbia University Ombuds Office

Offers a confidential place to discuss workplace issues, academic concerns, issues relating to administrative paperwork and process, explanation and interpretation of policies and procedures, and many other issues or concerns. <http://ombuds.columbia.edu/>

Center for Student Wellness Meditation Program

Offers free, guided meditation classes on the Medical Center campus. <http://www.cumc.columbia.edu/student-health/center-student-wellness/wellness-works/mind-body-programs>