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UA3/10/2 Focusing on Self-Care

WKU President's Office - Caboni

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PRESIDENT'S MESSAGE

Fellow Faculty and Staff:

Managing and improving our personal health and wellness can have long-lasting, life-changing benefits and, at the same time, be fun and rewarding. To create positive effects, self-care demands constant attention. Wellness is key to how we feel and to our productivity. It also has a direct connection to our individual and organizational healthcare costs. Healthy employees are happier and more engaged; when you are healthy, you thrive.

WKU remains committed to supporting employee health and wellness. I am pleased to share with you some positive indicators of improvement across the university during the past two years. Specifically, data from WKU's biometric screenings and health assessments show a significant, positive shift in eight out of ten health measures, including blood sugar, cholesterol, sleep, stress, tobacco use, physical activity, nutrition, and overall wellness. These promising results indicate that each of us is taking a more active role in managing our personal health and wellness. Of particular note during the past year are the 371 employees and spouses enrolled in health coaching, the 231 enrolled in *Weight Watchers at Work* or *Naturally Slim*, and the 45 who gave up tobacco use.

With Open Enrollment approaching October 15-26, you can review your health options and get your questions answered by attending our Benefits Fair at the Kentucky Museum on October 17th from 8 am – 1 pm. All benefit carriers will be present, as will individuals from our human resources staff, to talk with you and ensure you are fully informed before enrolling.

An institution is only as strong as its people, and you are essential to our mission of transforming student lives. More importantly, I care about each of you as individuals, as friends, and as part of our Hilltopper family. Please take care of yourselves as we continue WKU's push for wellness.

Best,

A handwritten signature in black ink, appearing to read "Timothy C. Caboni".

Timothy C. Caboni