



resources

aetna's online health assessment

- **Aetna** offers Emory's online health assessment to help you learn more about your health and opportunities for improvement. www.aetna.com.

general health & preventive care

- **Aetna:** Offers health coaching and a wide variety of health-related programs and services. www.aetna.com.
- **Emory Employees Appointment Line (EVIP):** The EVIP line facilitates and expedites employee and retiree access to Emory providers. The line is available from 8:00 a.m. to 5:00 p.m., M-F, to help you make appointments with Emory Clinic providers. [404-778-EVIP \(3847\)](tel:404-778-EVIP).
- **Express Care Clinic:** Provides Emory employees with free evaluation and treatment of non-work related common illnesses. [404-686-8587](tel:404-686-8587) for Emory University Hospital or [404-686-2352](tel:404-686-2352) for Emory University Hospital Midtown.
- **Emory Patient-Centered Primary Care:** Provides general healthcare needs including: annual physicals (or preventive) exams; caring for you when you are sick; focusing on prevention of illness; and coordinating your care to keep you healthy. www.emoryhealthcare.org/patient-centered-primary-care-clinic or [404-778-7777](tel:404-778-7777).
- **Emory HealthConnection:** Can assist you in selecting the right Emory provider to meet your needs. [404-778-7777](tel:404-778-7777).
- **Emory Health-related Benefits:** Emory University faculty and staff: www.hr.emory.edu/benefits. Emory Healthcare employees: www.ouehc.org/departments/human-resources/benefits/index.html.
- **Tier Zero Prescription Drugs:** Generic prescription medications used to treat chronic health conditions such as congestive heart failure (CHF), diabetes, high blood pressure, high cholesterol, tobacco addiction and more, are covered at 100% on the Emory medical plans. www.hr.emory.edu/benefits.
- **Blood Pressure Kiosks:** Onsite blood pressure machines are available to Emory employees who would like to monitor their blood pressure free-of-charge. The locations can be found at www.fsap.emory.edu/health/Flyer_BP%20Machines.

physical activity

- **Blomeyer Health Fitness Center:** Fitness facility located at 1525 Clifton Road; Includes group exercise plus membership to Woodruff PE Center; \$26/month via payroll deduction. www.hr.emory.edu/blomeyer.
- **Play Emory/Woodruff PE Center:** Play Emory is Emory's recreation and fitness program, housed within the Woodruff PE Center on the main campus. Programs offered include intramurals, group exercise, instructional classes, and personal training. Recreation space includes indoor pool, basketball courts, indoor & outdoor tennis courts and fitness center. Group exercise and instructional classes not included in monthly membership; monthly membership via payroll deduction. www.play.emory.edu.
- **LA Fitness:** Emory employees can join any LA Fitness for \$29.99 per month with no initiation fee. To receive an employee voucher for enrollment, call the Emory Healthcare benefits office at 404-686-6044. www.lafitness.com.

physical activity (continued)

- **Bike Emory:** Provides Emory cyclists with discounts on Fuji bicycles, bike service at the on-campus repair center, a bike share program and much more. <http://bike.emory.edu>.
- **Walking Groups:** Emory offers many outdoor walking groups, walking challenges, and special events including National Walking Day. www.fsap.emory.edu/health or 404-727-WELL.
- **Fitness Coaching:** Meet with a certified Health Fitness Specialist who can assist with creating individual goals for weight management, resistance training, and exercise planning. www.fsap.emory.edu/health or 404-727-WELL.

tobacco cessation

- **Tobacco Cessation:** Emory offers tobacco cessation programs free of charge to employees and their spouses or same sex domestic partners. Participation in tobacco cessation programs is not associated with the tobacco use surcharge and there is no penalty for participating in these programs. www.tobaccofree.emory.edu/cessation or 404-727-WELL.

healthy eating & weight management

- **Nutrition Coaching:** Meet with a registered dietitian who will evaluate your current diet and lifestyle practices and help you create your own nutrition goals. www.fsap.emory.edu/health or 404-727-WELL.
- **Weight Watchers:** Purchase a monthly pass for the at-work rate of \$39.95/month (versus the community rate of \$42.95/month). Options are available to attend WW meetings at work or in the community. www.fsap.emory.edu/health or 404-727-WELL.
- **Optimal Living Program:** An eight-week lifestyle modification program offered through Emory Healthcare's HeartWise Risk Reduction Program. www.emoryhealthcare.org/heart-disease-prevention or 404-778-2850.
- **Farmers Market:** Emory Farmers Market features fresh, local produce, organic and sustainably produced meat, bread, cheese, honey and other artisan products. www.emory.edu/dining/emory_farmers_market.php.
- **Emory Bariatric Center:** Offers weight loss expertise, treatments, and technology to partner with each individual to effectively address his or her unique weight loss needs. Options range from surgical to non-surgical programs, with or without meal replacements. <http://emoryhealthcare.org/bariatrics/index.html>.

stress management & mental health

- **Faculty Staff Assistance Program (FSAP):** Offers short-term counseling and referrals for individuals, couples and families. Assistance is available to help with a variety of concerns, such as problems in personal and/or work relationships, grief issues, alcohol and drug abuse, and more. www.fsap.emory.edu or 404-727-WELL.
- **FSAP's Online Screening Tools** are available for confidential assessment of potential issues related to mental health and substance abuse. www.mentalhealthscreening.org/screening/EMORY.
- **FSAP's Take 5 Stress Videos:** FSAP offers a convenient way to relieve stress with these short videos:
 - Mindful Breathing: www.youtube.com/watch?v=UoPhzCparEU
 - Stretching: http://www.youtube.com/watch?v=oV_ebOzX8OA
 - Progressive Muscle Relaxation: <http://www.youtube.com/watch?v=RDlJ99GShuM>
- **Meditation Groups:** www.emory.edu/ECCS/events/meditation_groups.html

work-life

- **The Emory WorkLife Resource Center:** Offers resources and services for dependent care, elder care, workplace flexibility, and financial programs. www.worklife.emory.edu.

