

# HEALTH AND WELLNESS RESOURCES

# EMPLOYEE ASSISTANCE PROGRAM

- Voluntary, self-referral
- Confidential
- Professional certified counselor
- Help with any concern (professional, personal, family)

[www.upstate.edu/eap](http://www.upstate.edu/eap)

# ATHLETIC /RECREATION FACILITIES

- At the Campus Activities Building (CAB)
- Variety of athletic facilities- pool, sauna, exercise equipment, gym, racquetball court, outdoor tennis courts
- Recreation facilities- ping-pong, billiards, snack bar, lounge
- Entertainment- comedy, music, sports

[www.upstate.edu/campusactivities](http://www.upstate.edu/campusactivities)

# PATHWAY TO WELLNESS PROGRAM

Mission: To increase awareness of healthy and positive lifestyle choice by providing programs and resources that promote a culture of health and wellness at Upstate

Examples of programs offered:

- Weight management/diabetes education series
- Walking trails- “Wellness walkers”, “Monday Mile”
- Smoking cessation
- “Take the Stairs”
- Referral to various community wellness programs

[www.upstate.edu/health/wellness](http://www.upstate.edu/health/wellness)

# For New York State employees

- Work-Life Services- e.g., EAP, NYS Balance, Worksite child care centers, Pre-retirement planning

[www.worklife.state.ny.us](http://www.worklife.state.ny.us)

- NYS Balance- free, confidential, 24 hrs/day, resource and referral re: home repair, budgeting, child care, elder care, college prep, etc.

[www.nysbalance.ny.gov](http://www.nysbalance.ny.gov) (username: nys:  
password: balance) or call 866-320-4760

# For Research Foundation employees

- Guidance Resources Program
  - free
  - confidential
  - resource and referral re: personal problems, life events planning, managing daily life

[www.guidanceresources.com](http://www.guidanceresources.com)

Company Web ID: EAPComplete, or  
call 1-877-595-5284

# Office of Faculty Affairs

The Office of Faculty Affairs is here to support the faculty. Contact Michele Henderson, Assistant to the Senior Associate Dean, to schedule a confidential, free meeting to discuss any personal or professional concerns.

[www.upstate.edu/facdev](http://www.upstate.edu/facdev)

[hendermi@upstate.edu](mailto:hendermi@upstate.edu)

Or call, 464-1681