

Are You Ready?

- To reach your full potential?
- To improve your health?
- To help RIT create a culture of health and wellness?



Nutrition

Dining Services - Menus and healthy choices for all the major dining facilities on campus.

Weight Watchers at Work Program - Meetings held on campus. Program is available to all members of the RIT community.

Eat Well Live Well Challenge - Eight week competitive program designed to encourage participants to track their fruit and vegetable consumption and number of steps on a daily basis.

Farmers' Market - Held on campus during the fall quarter. Local gardeners/merchants will have fresh fruits and vegetables available for sale to all members of the RIT community.



Fitness

Student Life Center - Faculty and staff have free membership to this state of the art fitness facility including the use of the Gordon Field House Aquatics Center.

Fitness Classes - Various classes are offered by the *Better Me* Employee Fitness Program.

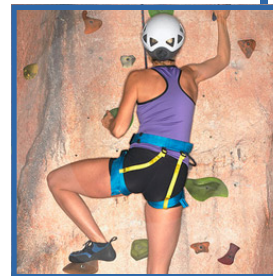
Fitness Class Passes - Available to faculty and staff as a way to provide flexibility and \$\$\$avings.

Personal Training Services - Work with one of our excellent personal trainers either in a small group or individually.

Family Fitness Activities - RIT offers a number of family recreation activities throughout the year including learn to skate, children's swim lessons, and more.

Red Barn Rock Climbing Facility - Take advantage of this premier indoor rock climbing facility and other interactive adventures.

Nature Trails and Indoor Walk Zones - Many joggers, walkers, and hikers enjoy these RIT paths year round.



Services and Resources

Employee Assistance Program - Offers an extensive array of life resources, plus Employee Assistance Program Services. www.theEAP.com or call 800-252-4555.

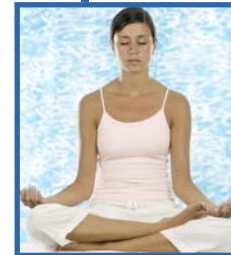
Medical Plan Services - Provides preventive and medical service coverage based on selected plan as well as information on preventive health screenings, comprehensive health programs, health education programs and other specialized services. www.excellusbcbs.com

Center for Professional Development - Provides programming for faculty and staff to facilitate professional growth and development at RIT. finweb.rit.edu/cpd

Workplace Ergonomics Lab - Offers faculty and staff training, RIT workstation evaluations, and a product library. For more information, call the WEL. (585)475-5807.

Counseling Center - Mindfulness meditation sessions weekly.

Student Health Center - Offers emergency first aid and limited convenience services to RIT faculty and staff.



General Health

Flu Shot Clinic - Available annually on campus.

Seminars - Informative sessions on various health topics.

Smoking Cessation - Various options exist to help fight the addiction and to provide support for those who want to quit.



Find all of these services on our website

www.rit.edu/betterme

Better Me Wellness

We introduced the **Better Me** employee wellness initiative to the RIT community in October, 2007. We recognize that by providing employees with resources to maintain their good health and by educating employees about making personal choices that, together, we can create a culture of health and wellness. We care about you as a person and as an employee. Your health is precious. We encourage you to take advantage of the **Better Me** opportunities at RIT.

Get Involved

Committees

- Nutrition
- Fitness and Physical Activity
- Communication and Education
- General Health

Focus Areas

- Impact Analysis Team
- Proposal Development Team

Join Us

If you are interested in being part of this effort, contact:

Midge Berfield, RN, MSN
Manager, Employee Health and Wellness
Voice: 585-475-4375
TTY: 585-475-2420
E-mail: mxbpsn@rit.edu

Vision

Rochester Institute of Technology values the well-being of each individual employee. The **Better Me** program is committed to encouraging employees to make personal choices that promote optimal health and create a culture of total wellness.

Mission

It is the mission of the RIT **Better Me** Employee Wellness Program to provide a variety of opportunities designed to encourage personal responsibility and growth in the area of total wellness. RIT will recognize its employees' diverse needs and interests by expanding educational programming, events, activities, resources and the use of facilities in areas such as fitness, nutrition and general health, to promote a "**Better Me**" for the benefit of each RIT employee.



Department of Human Resources

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Human Resources

FINANCE AND ADMINISTRATION

Rochester Institute of Technology

