

UCR Faculty and Staff Wellness Program Resources

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Diabetes Prevention Program

UCR offers a year-long Diabetes Prevention Program (DPP) to faculty and staff (18+). This NIH-backed program supports those with pre-diabetes, at risk for, or with Type 2 Diabetes. Through in-person or virtual group sessions led by a lifestyle coach, participants learn healthy eating, exercise, stress management, and motivation skills. The program consists of:

- 16 weekly sessions (Months 1-4)
- 4 bi-weekly sessions (Months 5-6)
- 6 monthly sessions (Months 7-12)

If you are interested in the participating in the next cohort, please scan the QR code and complete the interest form.



Wellness Ambassador Committee

Wellness Ambassadors

- **Promote:** Share information about wellness events and activities
- **Engage:** Encourage colleagues to participate
- **Participate:** Join in and experience the benefits
- **Innovate:** Contribute ideas for a healthier workplace
- **Collaborate:** Work with others to create a positive culture

2026-2027 Wellness
Ambassador Interest Survey



Why Become an Ambassador?

- **Wellness Perks:** Enjoy special goodies and resources
- **Stay Informed:** Be the first to know about new programs and events
- **Improve Your Well-being:** Gain access to tools and information for a healthier lifestyle
- **Build Connections:** Network with colleagues across campus
- **Make a Difference:** Help foster a culture of wellness
- **Get Recognized:** Receive annual recognition for your contributions

Faculty and Staff Assistance Program

Services provided through ComPsych

- 3 free session per member of your household
- Including members who are not dependents
- Work-Life
- Finances
- Mental and Emotional Health
- Legal

Contact Us... Anytime, Anywhere
No-cost, confidential solutions to life's challenges.

Confidential Emotional Support
Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts

Work-Life Solutions
Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care

Legal Guidance
Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more

Need representation? Get a free 30-minute consultation and a 25% reduction in fees.

Financial Resources
Our financial experts can assist with a wide range of issues. Talk to us about:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more

Online Support
GuidanceResources® Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions

COMPSYCH®
GuidanceResources® Worldwide

Your Faculty & Staff Assistance Program offers someone to talk to and resources to consult whenever and wherever you need them.

Call: 866.615.3047
TTY: 800.697.0353

Your toll-free number gives you direct, 24/7 access to a GuidanceConsultant™, who will answer your questions and, if needed, refer you to a counselor or other resources.

Online: guidanceresources.com
App: GuidanceNow™
Web ID: UCRFSAP

Log on today to connect directly with a GuidanceConsultant™ about your issue or to consult articles, podcasts, videos and other helpful tools.

24/7 Support, Resources & Information

UC RIVERSIDE
Human Resources

Contact Your Faculty Staff Assistance Program

Call: 866.615.3047
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App: GuidanceNow™
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Scan the QR Code

A square QR code with a black and white pixelated pattern. In the bottom right corner of the QR code, the word "bitly" is written in a small, lowercase, sans-serif font.

UC RIVERSIDE | Human Resources
Faculty Staff Wellness

Faculty and Staff Wellness Website

Scan the QR Code to
access the website



- 6 Pillars of Health
 - Move Well
 - Eat Well
 - Live Well
 - Connect Well
 - Sleep Well
 - Spend Well
- Faculty and Staff Wellness Program

Faculty and Staff Well-being Bites

Scan the QR Code to
sign up

