

SHU Wellness

A Health and Lifestyle Service for SHU Staff

SHU Wellness is a FREE health and lifestyle service that is run by SHU staff for SHU staff.

SHU Wellness offers services that include:

- **A 1 hour annual health check-up** that can include:
 - Blood pressure
 - Cholesterol
 - Blood glucose
 - Stature
 - Body composition including body mass and body fat percentage
 - Waist and hip measurements
 - Lung function (size, strength, efficiency and power)
 - Stamina / fitness
- **Follow-up health checks** (e.g., at 3 or 6 months post annual health check) to discuss any outstanding issues or queries, or to monitor your progression since your annual Wellness session. Follow-up health checks should be discussed with your consultant during your annual appointment.
- **Bite-sized workshops** that provide additional support on areas of interest highlighted in your health check. Workshop schedules are released twice a year and usually run between January and May and then September and December. They focus on three themes 'move well', 'think well' and 'eat well' and below is a list of the workshops on offer:
 - **Applied Relaxation**
 - **Leading an Active Lifestyle**
 - **Initial Steps to a Work-Life Balance**
 - **Practical Back Care**
 - **Resilience**
 - **Healthy Eating for Wellbeing**
 - **Weight Management**
 - **MindfullySTRONG**
 - **Better Sleep**

Please book your place on any of our courses by logging on to the CORE portal.

- **Physical Activity Consultations** (a one-to-one consultation which aims to help you identify ways to become more active) - please contact us directly to book this session
- **Healthy Eating Consultations** (a one-to-one consultation which aims to help you identify ways you can eat more healthily) - please contact us directly to book this session
- ❖ **Attending a SHU Wellness consultation qualifies you for a 12 month Hallam Active membership at the current discounted rate.** Please ask the consultant for your voucher at your appointment and check with Hallam Active regarding the rate.
- ❖ **For more information about SHU Wellness and the services we offer, please visit our Intranet page: <https://staff.shu.ac.uk/shuwellness/> or email: shuwellness@shu.ac.uk**

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A Health and Lifestyle Service for SHU Staff

SHU Wellness Health Checks

A range of health checks are available to choose from during your Wellness session including:



- Blood pressure
- Cholesterol
- Blood glucose – Diabetes check
- Stature
- Body composition including body mass and body fat
- Waist and hip measurements
- Lung function (size, strength, efficiency and power)
- Stamina / fitness

SHU Wellness health checks are tailored to you as an individual. This means that what assessments you take part in and what is discussed during the consultation is *your* choice.

If you would prefer not to have any tests and would rather just chat around your personal wellness goals then you are free to do so.

If your consultant thinks it would be of benefit to have any of these measurements rechecked as a mid-way review (e.g. 3-6 months later) then you will also be eligible for a follow-up check.

Male and female assessors are available on request.

For more information about SHU Wellness, please email: shuwellness@shu.ac.uk

To register your interest and book your SHU Wellness appointment, please either:

- email: shuwellness@shu.ac.uk or
- follow the link below to register an account on our SHU Wellness software: <https://wellbeing.shuwellness.com>
 - Please note - if you HAVE had a SHU Wellness appointment before, you will already have an account set up with your previous appointment details and report(s); therefore, please do not register for a new account. Instead, please contact us directly to obtain your account information.