

Gamecocks LiveWell

Faculty/Staff Wellness Services & Benefits

- **COVID-19 Testing and Vaccine Clinic:** On-Campus Faculty/Staff Testing is saliva testing and no appointment is needed. If you test Off-Campus, you must upload your test results to MyHealthSpace. Faculty, staff, students and community members can visit the Center for Health & Well-Being from 9:00 AM – 3:00 PM Monday through Friday for a COVID-19 vaccine. UHS dispenses Moderna and Johnson & Johnson COVID-19 vaccines.
- **Flu Shots:** Appointments will be available daily in Center of Health and Well-Being. Additional information will be sent out to Faculty & Staff.
- **Worksite Screenings:** We offer no-cost preventative screenings to faculty, staff, retirees, and covered spouse/partner whose primary insurance coverage is State Health Plan Standard or Savings Plan. To schedule an appointment, call (803) 777-6518.
- **Wellness Coaching:** Meet with trained wellness coach and create a personalized plan for setting and achieving your wellness goals. To schedule an appointment, book online on MyHealthSpace or call (803) 777-6518.
- **Inner Path to Peace:** 3-part series that will explore the science and benefits of mindfulness and meditation. Learn techniques to create your own meditation practice and space.
- **Mindfulness Services:**
 - **Mindfulness Series** for faculty & staff. You can choose to attend one session or multiples within the series.
 - **Meditations sessions** are livestreamed on Gamecocks LiveWell Facebook page three times a week.
- **Wellness Ambassadors:** Group of faculty and staff members who are committed to health and serve as champions of employee wellness. You can bring wellness programs directly into your department.
- **Certified Healthy Workplace:** Recognizes departments that support positive wellness culture through leadership support and departmental participation in wellness activities and challenges.
- **Fall Into Wellness Challenge:** A four-week step challenge. Set goals for yourself each week, track your steps, and support your coworkers in their goals!
- **Pharmacy:** Fill your prescriptions with the convenience of not having to leave campus. The pharmacy is in-network with the State Health Plan.
- **SAVIP Services:** On-campus interpersonal violence advocacy and prevention center offering 24/7 confidential advocacy. Access services at (803) 777-8248.

Contact us:

livewell@mailbox.sc.edu

(803) 777-6518

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