GAMECOCKS LIVEWELL

Faculty/Staff Wellness Services and Benefits
FLU SHOTS

• This year’s flu shots will look a little different due to COVID-19. To make sure we can maintain physical distancing, the health center will require faculty and staff to make an appointment for their flu shot.

• Appointments available daily in the Center for Health and Well-Being

• Schedule your appointment online at bit.ly/Flu-Shot-2020

• To make your appointment as efficient as possible, please do the following in MyHealthSpace prior to your appointment:
  • Complete your Influenza Vaccine Consent Form
  • Upload your health insurance card
COVID-19 TESTING

• **Without Symptoms:**
  • SAFE (saliva) testing
    • Schedule for week of September 28
      • Tuesday and Thursday – 12:30 – 2:30 p.m. at 650 Lincoln
      • Friday – 12:30 – 2:30 p.m. at Synovus (1311 Pendleton St.)

• **With Symptoms:**
  • Nasal swab testing at the Center for Health and Well-Being
    • Call the COVID Hotline at 803-576-8511 to be scheduled for a test

• Check the University’s COVID landing page each week for updates to the testing schedule.

• Current DHEC guidance recommends that community members test for screening purposes on a monthly basis. If you have had a positive COVID test, you do not need additional testing in the three months following that diagnosis.
WORKSITE SCREENINGS

• We offer no-cost preventative screenings to faculty, staff, retirees and their covered spouse/partner whose primary insurance coverage is the State Health Plan Standard or Savings Plan.

• Screenings include:
  • Lipid Profile
  • Basic Metabolic Profile
  • Complete Blood Cell Count
  • Blood Pressure
  • Height/Weight

• To schedule an appointment, please call 803-777-6518
WELLNESS COACHING

• Meet with a trained wellness coach for a one-on-one assessment and to create a personalized plan for setting and achieving your wellness goals. Wellness coaching can provide support, guidance and encouragement in a judgement-free zone.

• Sessions can focus on:
  • Balanced eating
  • Physical activity
  • Stress management
  • Tobacco cessation

• Appointments are conducted virtually using the Microsoft Teams platform.

• To schedule an appointment, call 803-777-6518.
MINDFULNESS SERVICES

Yoga

with C.A.L.M. Oasis yoga instructor, Clare!

Join us each week LIVE on @HealthyCarolina

Monday at 5:15 p.m.
Wednesday at 12 p.m.
Friday at 12 p.m.
MINDFULNESS SERVICES

• To access an archive of guided meditations and desk stretching exercises, visit Gamecocks LiveWell on Facebook.

• Fall Mindfulness Series
  • October 12 – Worry
  • October 26 – Grief
  • November 9 – Communication
  • November 23 – Holiday Stress

• Sessions are held at 12 p.m. on Microsoft Teams. To register for one or more sessions, visit https://tinyurl.com/Fall-Mindfulness-Series
FALL INTO WELLNESS CHALLENGE

• Join us for a four-week step challenge. You will set goals for yourself each week and track your steps. Participants will receive weekly emails with tips and encouragement.

• October 12 – November 8

• To register for the challenge, https://tinyurl.com/FallintoWellness2020
WELLNESS AMBASSADORS

• Our Wellness Ambassadors are a group of faculty and staff members who are committed to health and serve as champions of employee wellness.

• As a Wellness Ambassador you can partner directly with the Gamecocks LiveWell office to bring wellness programs directly into your department.

• To apply to be a Wellness Ambassador, https://tinyurl.com/GLW-WellnessAmbassadors
CENTER FOR HEALTH AND WELL-BEING
PHARMACY

• Fill your prescriptions with the convenience of not having to leave campus.
• The Center for Health and Well-Being pharmacy is in-network with the State Health Plan.
• Contact the Pharmacy at 803-777-4890.
SAVIP SERVICES

- SAVIP is your on-campus interpersonal violence advocacy and prevention center for all UofSC-Columbia faculty, staff and students. Situated in Student Health Services, we provide 24/7 confidential advocacy for primary and secondary survivors of sexual assault, relationship or intimate partner violence, stalking and harassment.
- We also provide primary prevention programming such as bystander intervention and healthy relationships, and training on interpersonal violence and trauma.
- To access our services or request programming or training, call SAVIP at 803-777-8248 or visit the Stop Sexual Assault website: www.sc.edu/stopsexualassault.
CONTACT US

- livewell@mailbox.sc.edu
- 803-777-6518
- Facebook.com/GamecocksLiveWell
THANKS!