

Physical Activity & Movement

Blomeyer Health Fitness Center

Fitness facility located at 1525 Clifton Road. Programs include group exercise, personal training and massage. www.emory.edu/blomeyer

Emory Recreation & Wellness/Woodruff PE Center

Programs include intramurals, group exercise, instructional classes, personal training, fitness assessments, wellness resources and events. Recreational space includes indoor pool, basketball courts, indoor/outdoor tennis courts and fitness center. www.play.emory.edu

Emory Recreation & Wellness/Student Activity & Academic Center (SAAC)

Programs include group exercise, fitness assessments, personal training, wellness resources and events. Fitness and recreation facility located on the Clairmont Campus; indoor/outdoor fitness and recreation, outdoor pool, tennis and basketball courts. www.saac.emory.edu

Fitness Facility Discounts

Several fitness centers offer discounts to Emory employees, including LA Fitness, YMCA, and more. www.fsap.emory.edu/emotional-physical-health/fitness/facilities-discounts/non-emory.html

Walking Groups

Emory offers many outdoor walking groups, walking challenges and special events. fsap.emory.edu/emotional-physical-health/fitness/walking/index.html

Walking Areas

Several unique walking areas can be found on campus including Lullwater Park and the tunnel between Emory University Hospital and The Emory Clinic. The tunnel provides employees with physical activity, nutrition and stress management tips and education along with information about outdoor activities in regions throughout Georgia.

Bike Emory

Provides Emory cyclists with discounts on Fuji bicycles, bike service at the on-campus Repair Center, and a Bike Share program. www.bike.emory.edu

Stress Management & Mental Health

Faculty Staff Assistance Program (FSAP)

Offers assistance to help with a variety of concerns, such as problems in personal and/or work relationships, grief issues, alcohol and drug abuse. 404-727-WELL; www.fsap.emory.edu

Online Screening Tools

Available for confidential assessment of potential issues related to mental health and substance abuse. www.mentalhealthscreening.org/screening/EMORY

Stress Management Videos

Relieve stress in just five minutes with one of FSAP's stress management videos: Progressive Muscle Relaxation, Mindful Breathing and Stretching. www.fsap.emory.edu/stress-mgt-takes

Success with Stress Series

Learn stress management strategies such as resilience, mindfulness, biofeedback, self-compassion and gratitude. www.fsap.emory.edu/stress-series

Meditation

Emory Collaborative for Contemplative Studies offers meditation groups on the Emory University campus.

Worklife

The Emory WorkLife Resource Center offers resources to help employees manage work-life effectiveness in the areas of child care, adult care, financial education and much more. www.worklife.emory.edu



Healthy Resources



For more information:

Contact Healthy Emory at: 404-712-3775
healthymemory@emory.edu

General Health & Preventive Care

Aetna

Provides Emory's online health risk assessment (Compass), Healthy Lifestyle Coaching, and online wellness programs (Journeys). www.aetna.com

Emory Family Medicine Lifestyle Clinic

Trained providers guide individuals in optimizing healthy habits of nutrition, stress management, and physical activity. Individual appointments and group workshops with The Lifestyle Team located at Emory Family Medicine at Dunwoody. 404-778-6920

MinuteClinic® inside CVS Pharmacy®

Provides in-person, one-on-one wellness services to Aetna health plan members in three areas: biometric screening counseling, a weight loss program and smoking cessation program. www.minuteclinic.com

Emory Employee Appointment Line (EVIP)

Facilitates access to Emory providers. The line is available from 8am-5pm, M-F, to help you make appointments with Emory Clinic providers. 404-778-EVIP

Express Care Clinic

Provides Emory employees with free evaluation and treatment of non-work related common illnesses. Multiple locations. www.hr.emory.edu/eu/pay/occupationalinjury/expresscare.html

Emory Patient-Centered Primary Care

Provides general healthcare: annual physicals (preventive) exams, caring for you when you are sick, focusing on prevention of illness. 404-778-2050; www.hr.emory.edu/eu/annualenrollment/ehcresources.html

Emory HealthConnection

Assists you in selecting the right Emory provider to meet your needs. 404-778-7777

Emory Health-related Benefits

Health benefits for Emory University faculty and staff: www.hr.emory.edu/benefits

Tier Zero Prescription Drugs

Generic prescription medications used to treat chronic health conditions and for tobacco cessation are covered at 100% on the Emory medical plans. www.hr.emory.edu/eu/benefits/medical/prescriptiondrugs.html

Blood Pressure Kiosks

Onsite blood pressure machines are available to Emory employees who would like to monitor their blood pressure free-of-charge. Kiosk locations can be found at www.fsap.emory.edu/documents/BP-Kiosks.pdf

Emory Healthcare Fitness Rooms

Several Emory Healthcare locations offer a fitness room for employees: Emory University Orthopaedic and Spine Hospital, Emory Saint Joseph's Hospital, Emory Johns Creek Hospital and Peachtree Center.

Sustainability Map

Displays parks, preserves, green space and nature trails at Emory, as well as fitness routes, bike rack locations, Cliff Shuttle & MARTA routes. www.sustainability.emory.edu/html/map/index.html

Tobacco Cessation

Emory offers tobacco cessation programs free of charge. Participation in tobacco cessation programs is not associated with the tobacco use surcharge, and there is no penalty for participating in these programs. 404-712-3775; www.fsap.emory.edu/health



Healthy Eating & Weight Management



Better Choice

When dining out at an Emory dining facility, look for the Better Choice label on select entrée and side dish options.

Healthy Eating at Work

Teaches tips and tricks for healthy snacking at work. www.fsap.emory.edu/emotional-physical-health/nutrition/eating-healthy-at-work.html

Weight Watchers

Options to attend Weight Watchers meetings at work or in the community. www.fsap.emory.edu/emotional-physical-health/nutrition/weight-watchers.html

Emory Farmers Market

Features fresh, local produce, organic and sustainably-produced products. Cox Hall Bridge, Tuesday, 11am-3pm (weekly during the academic year and monthly in the summer). www.emory.edu/dining/emory_farmers_market.php

Emory Bariatric Center

Offers weight loss expertise, treatments and technology. Options range from surgical to non-surgical programs. www.emoryhealthcare.org/bariatrics

Community Supported Agriculture (CSA)

Local produce, meat, cheese, honey and more is available for weekly ordering and pick-up on Thursdays from 2-5pm at Rollins School of Public Health. www.moorefarmsandfriends.com