

Team Member Well-being and Engagement



UC San Diego Health is committed to the well-being of all team members

Our well-being strategy is based on the following:

- **Ensuring multiple pathways to access well-being:** on-demand resources, live, interactive events and online learning labs.
- **A 360-degree approach to well-being:** we focus on mental, physical, spiritual and social dimensions of well-being.
- **Continually capture and act on team member insights:** system surveys and direct feedback.

Read on to learn about our resources.



Team Member Well-being Resources

Activity Challenges and Learning Labs

Fun and evidence-based well-being activities. Topics vary and are updated regularly on our Well-being page.

Onsite Campus-Wide Events

Join our frequent, onsite celebrations of health, community and well-being across the organization.

Team/Department Injury Prevention and Fitness classes

Schedule a class specific for your team with a certified fitness instructor

Virtual, in-person and Text-Messaging Therapy

Access free therapy, in-the-moment support, and TalkSpace through our Employee Assistance Program (EAP).

24Hr Fitness

UCSD Health team members can join 24Hr Fitness with part of the cost covered by UCSD Health.

Well-being Ambassador Program

Become a Well-being Ambassador to connect with your peers and have a voice in how UCSD Health's well-being program is designed.

Well-being Discounts

Enjoy a variety of well-being resources at a reduced price, including sports gear, memberships and events.



We are constantly adding new well-being resources and benefits, so be sure to check out our [well-being page](#) on Pulse regularly to see what's new.

Ready to Start Exploring?

Visit the [Team Member Well-being Pulse](#) page to access these resources.

For questions, contact
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