

2019

SYSTEMWIDE WELLBEING REPORT

UC Systemwide WellBeing Initiative

Unites faculty and staff across the University of California in its mission to improve our collective emotional, financial, nutritional, and physical wellbeing. By sponsoring programs, resources, and events, we aim to provide and make easily available to all employees the tools and knowledge needed to lead a healthy and thriving life. UC has established metrics to support our core pillars of wellbeing.

Emotional Pillar

Championing employees to seek help when needed and highlighting behavioral health benefits, UC is striving to increase 1st time outpatient visits.

Nutritional Pillar

Through disease prevention and care management, UC aims to reduce the growing rate of Diabetes as employees discover the connection between health and the foods we eat.

Physical Pillar

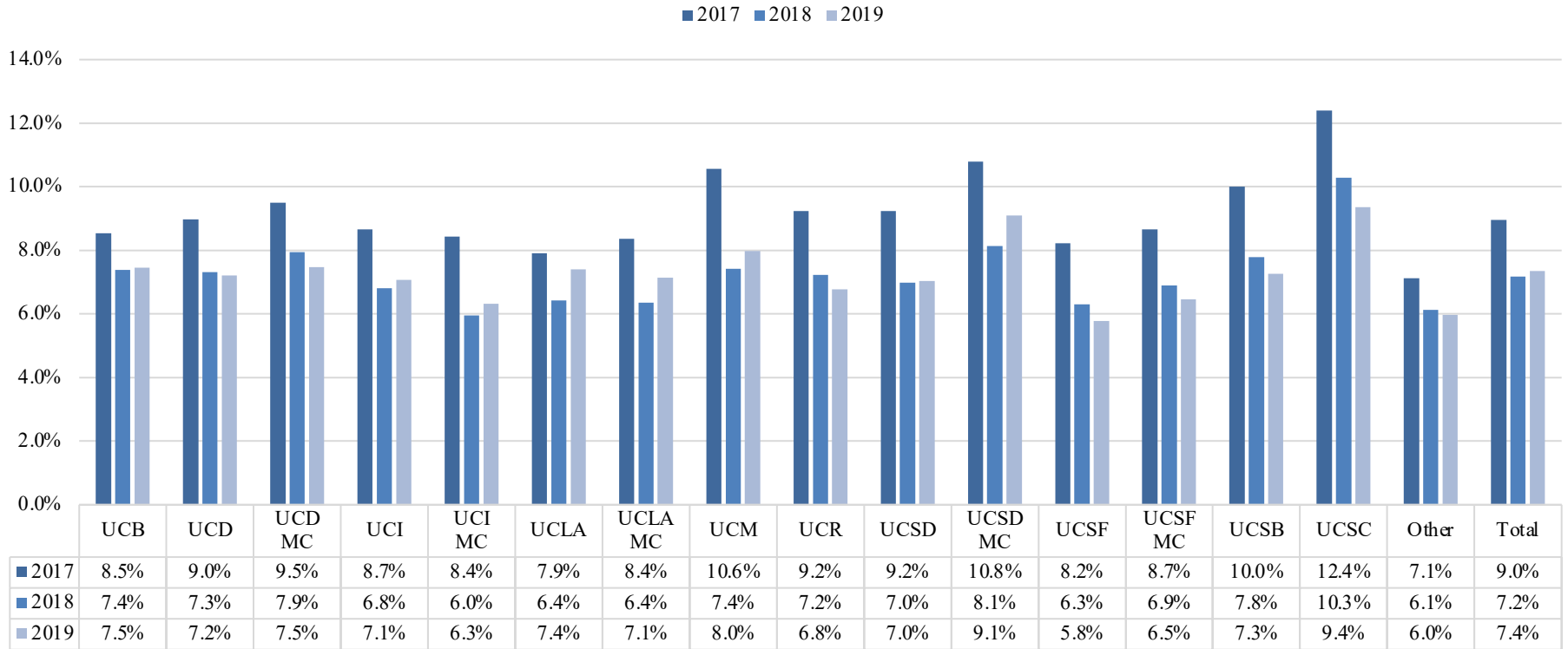
Regular wellness checkups can help detect problems before they start or diagnose issues early. UC encourages employees to take charge of their health by staying current with their well-care visits.

Financial Pillar

Encourages increased class attendance, department meetings and personal consultations. Employees will be empowered to better manage daily finances, while setting and achieving short and long term financial goals.

Emotional Wellbeing Report

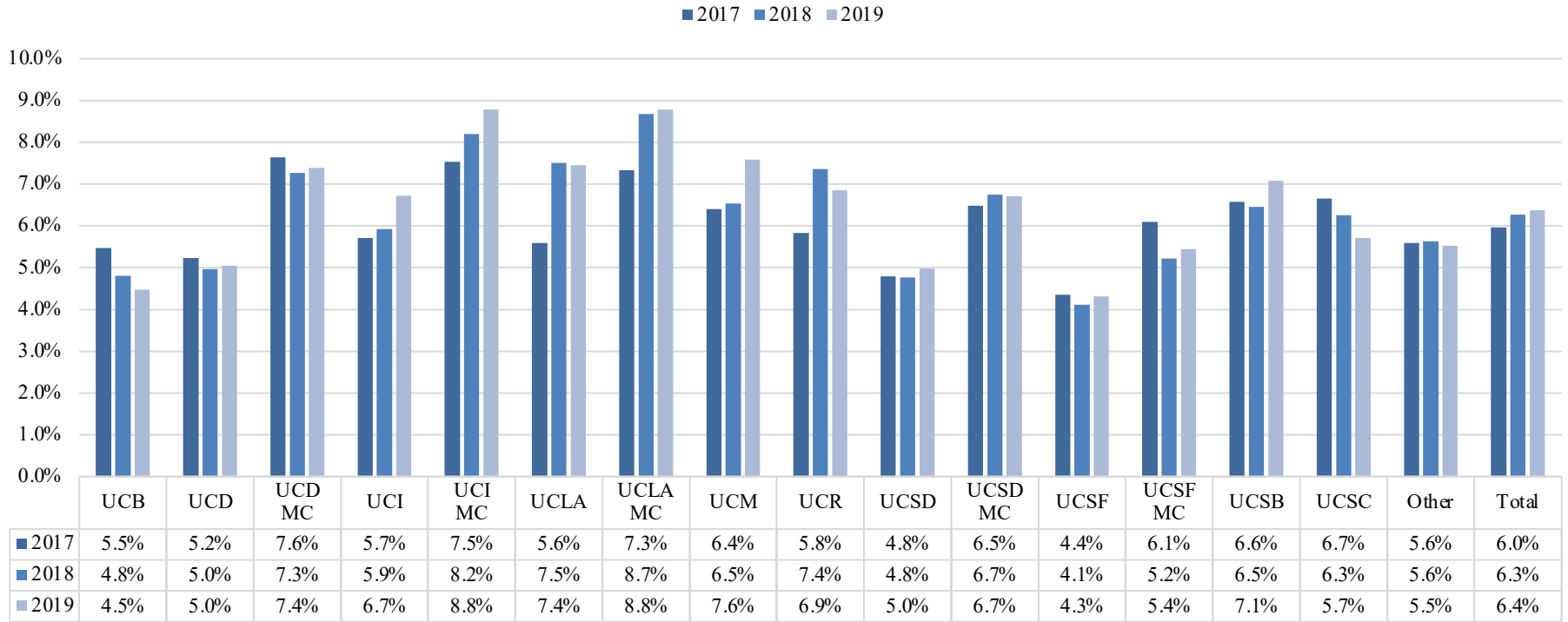
Employees with 1st time Outpatient Behavioral Health Visit



	UCB	UCD	UCD MC	UCI	UCI MC	UCLA	UCLA MC	UCM	UCR	UCSD	UCSD MC	UCSF	UCSF MC	UCSB	UCSC	Other	Total
2017	946	1,187	803	669	386	1,749	1,026	155	401	1,158	837	957	859	496	456	432	12,527
2018	746	912	631	506	264	1,424	697	101	287	831	624	706	671	349	344	298	9,391
2019	691	857	557	508	271	1,585	624	108	250	872	690	616	620	309	282	278	9,134

Nutritional Wellbeing Report

Employees Diagnosed with Diabetes (Type1 or Type2)

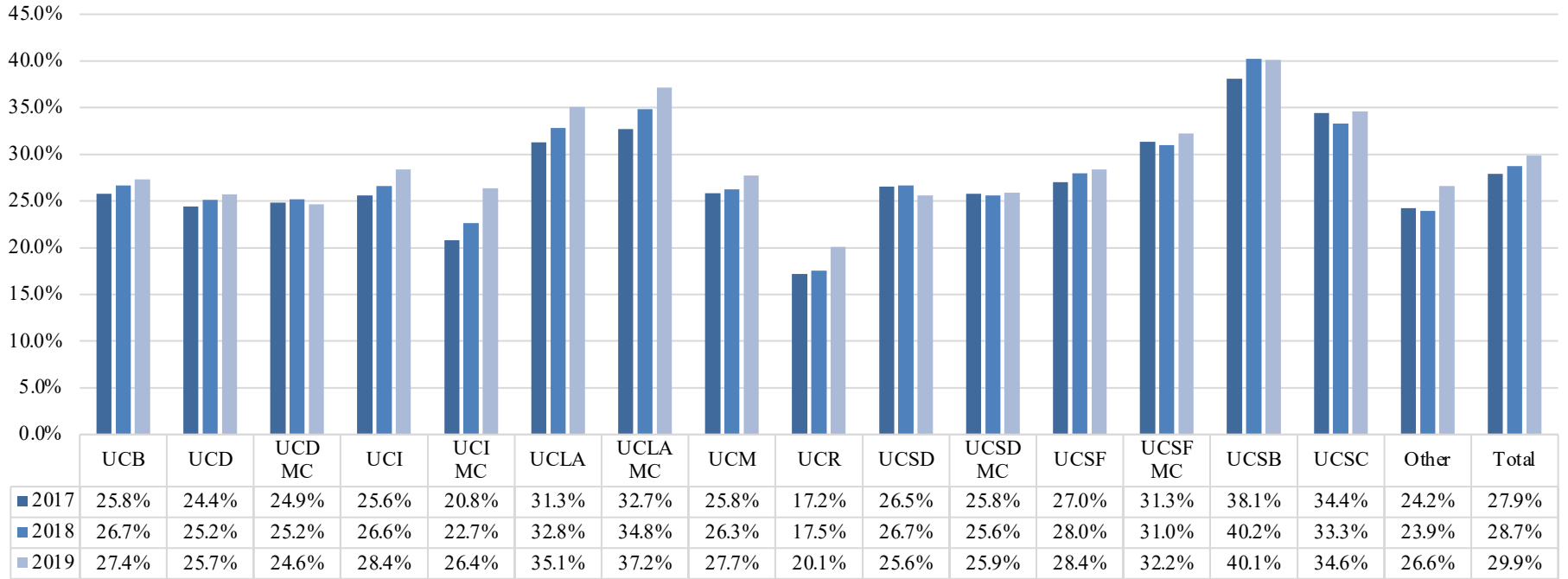


	UCB	UCD	UCD MC	UCI	UCI MC	UCLA	UCLA MC	UCM	UCR	UCSD	UCSD MC	UCSF	UCSF MC	UCSB	UCSC	Other	Total
2017	606	692	646	441	345	1,236	900	94	253	600	503	506	605	326	245	339	8,331
2018	530	677	635	480	395	1,794	1,040	99	322	622	574	500	553	321	238	298	8,986
2019	490	706	656	562	434	1,832	919	122	300	715	607	531	606	361	218	297	9,325

Physical Wellbeing Report

Employees with Preventive Wellness Visits

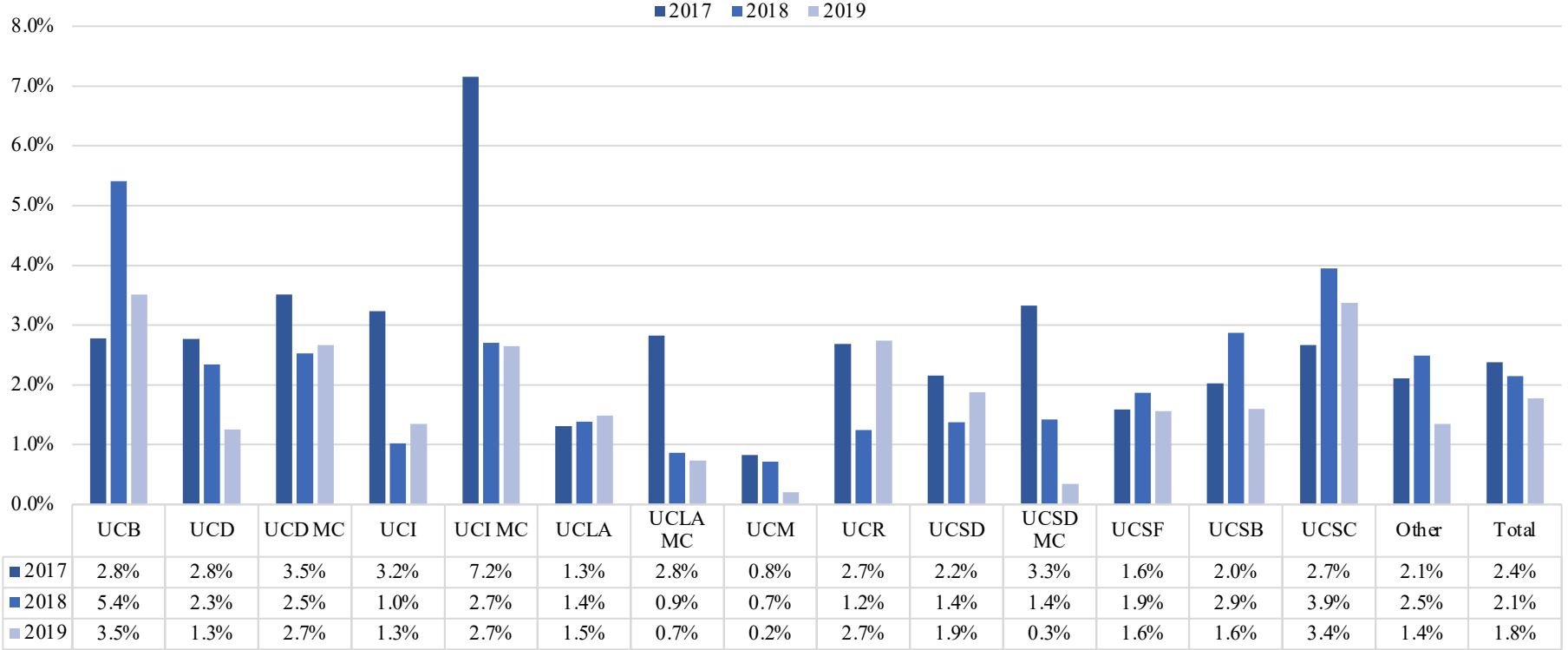
■ 2017 ■ 2018 ■ 2019



	UCB	UCD	UCD MC	UCI	UCI MC	UCLA	UCLA MC	UCM	UCR	UCSD	UCSD MC	UCSF	UCSF MC	UCSB	UCSC	Other	Total
2017	2,856	3,226	2,101	1,976	952	6,913	4,015	379	746	3,324	2,002	3,142	3,111	1,891	1,267	1,470	39,040
2018	2,943	3,433	2,205	2,158	1,092	7,855	4,177	398	766	3,479	2,176	3,402	3,280	2,001	1,266	1,267	41,143
2019	2,996	3,593	2,189	2,372	1,302	8,625	3,889	446	880	3,680	2,341	3,493	3,591	2,047	1,321	1,431	43,657

Financial Wellbeing Report 1

Employees Who Attended On-Site Workshops

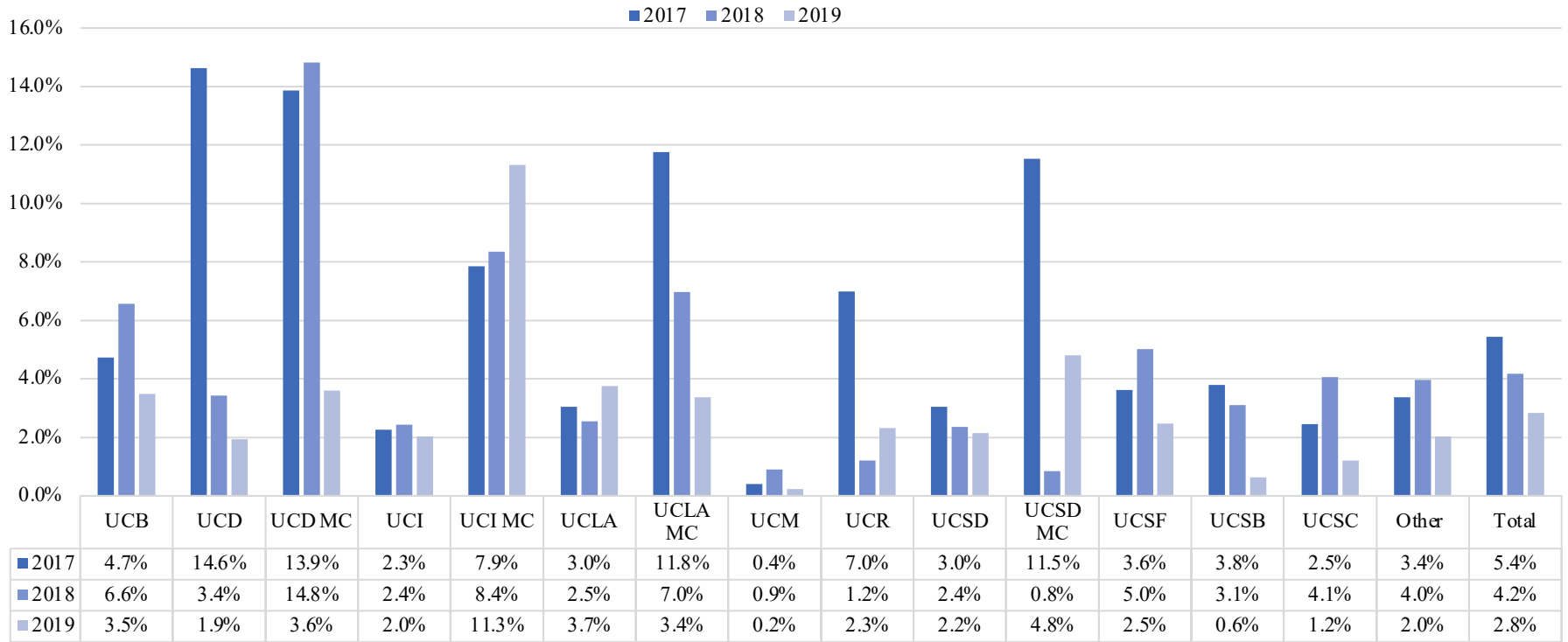


	UCB	UCD	UCD MC	UCI	UCIMC	UCLA	UCLA MC	UCM	UCR	UCSD	UCSD MC	UCSF	UCSB	UCSC	Other	Total
2017	573	335	310	492	339	449	334	25	236	497	250	393	219	209	195	4,856
2018	1,122	532	231	159	128	495	108	23	107	331	112	481	317	320	228	4,694
2019	709	289	245	217	130	540	92	7	242	460	30	419	184	281	125	3,970

Other Locations consists of LBNL, Hasting, and UCOP
Annual parameter: Calendar year, January - December

Financial Wellbeing Report 2

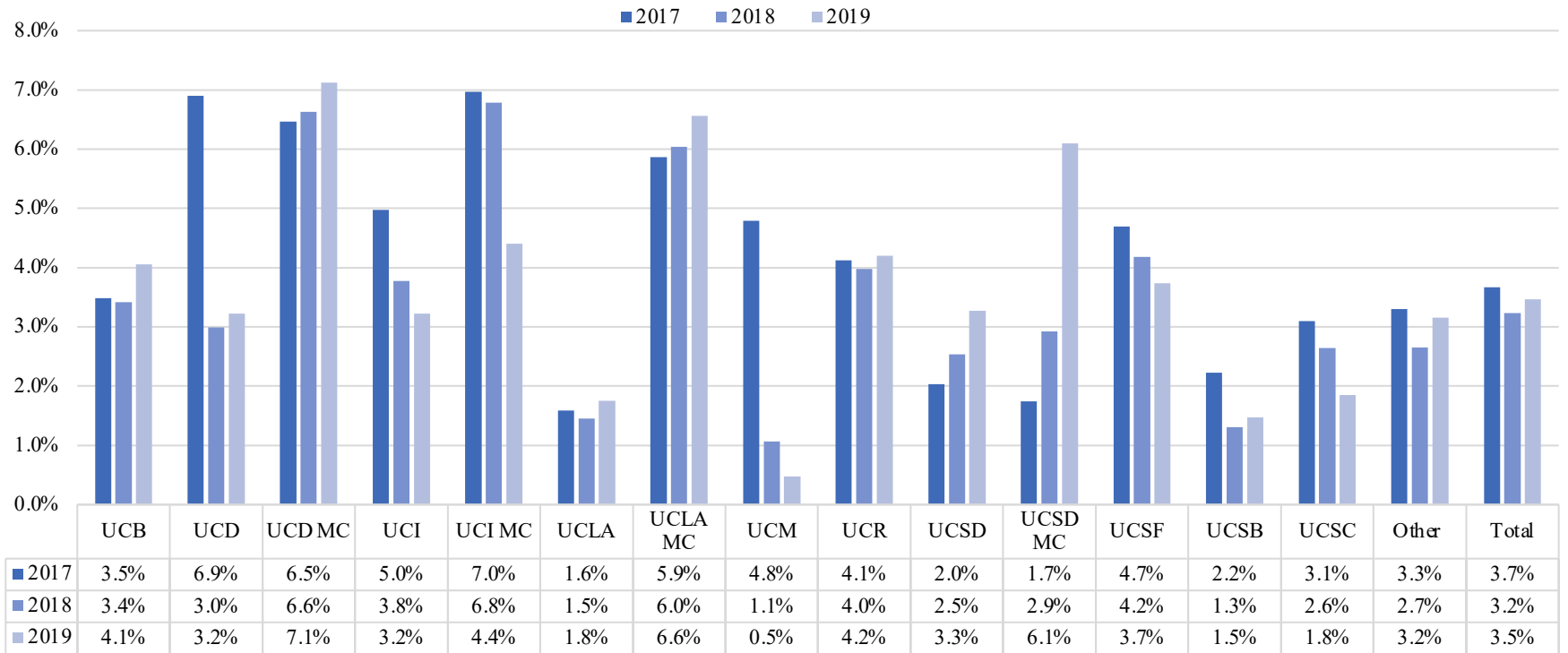
Employees Who Attended Department Meetings



	UCB	UCD	UCD MC	UCI	UCI MC	UCLA	UCLA MC	UCM	UCR	UCSD	UCSD MC	UCSF	UCSB	UCSC	Other	Total
2017	974	1,768	1,223	344	372	1,043	1,430	12	615	701	867	894	411	192	311	11,157
2018	1,361	776	1,355	378	395	907	869	29	104	565	66	1,289	344	329	363	9,130
2019	706	447	332	329	555	1,356	423	8	205	528	414	662	73	101	187	6,326

Financial Wellbeing Report 3

Employees Who Received 1-on-1 Consultations



	UCB	UCD	UCD MC	UCI	UCI MC	UCLA	UCLA MC	UCM	UCR	UCSD	UCSD MC	UCSF	UCSB	UCSC	Other	Total
2017	717	834	570	757	330	545	713	145	363	468	131	1,160	241	242	304	7,520
2018	709	678	606	588	321	520	753	34	343	610	230	1,074	145	214	243	7,068
2019	819	742	655	520	216	634	825	16	371	802	526	1,000	169	154	292	7,741