



Human Resources

Welcome to the Ulliance Life Advisor Monthly Newsletter

Developed in conjunction with Wayne State University Human Resources

COVID-19 continues to be a part of our daily lives, and as fall rolls in, the regular flu season has also begun. With this in mind, health and well-being are as important now than ever. Through our partnership with Ulliance and other important organizations, our aim is to highlight the many services available to you and your family that help maintain safety and overall health. You may be trying to juggle remote learning with your children while working, have responsibilities with aging parents, or just trying to strike a balance in your life between work and home. You don't have to find solutions alone. Ulliance can help with counseling, coaching and resources. This month's newsletter is full of information, including free webinars and bulletins on a variety of topics important right now. Look for a new opportunity in November to take part in a Well-Being Challenge including incentives for engaging in activities designed to help you achieve success with your well-being goals. Look for more information and how to enter the challenge in November's newsletter.



Flu Vaccinations

Stop the Flu WSU: WARRIOR STRONG IS WARRIOR SAFE!

WSU Flu Shot Mandate

Wayne State University requires that all faculty, staff and enrolled students who plan to be on campus for any day this fall or winter receive flu shots by Oct. 15, 2020.

Flu Shot Appointments

Flu shots can be obtained from the Campus Health Center (CHC) at no out-of-pocket cost. If your insurance does not cover the flu shot or if you are uninsured, you will not receive a bill.

Flu shot clinics will be held, by appointment only, across campus at the following locations click on the links below for more information.

- [Eugene Applebaum College of Pharmacy and Health Sciences](#)
- [Athletics: Doris J. & Donald L. Duchene, Sr. Athletic Facility](#)
- [Housing: Friday Flu Shots in the Residence Halls](#)
- [Scott Hall: Margherio](#)

If these locations and times do not work, please make an appointment at CHC (5285 Anthony Wayne Drive) Monday-Friday, 9am-5:30am, by calling 313.577.5041. You may also receive a flu shot at your primary care provider or most pharmacies.

To learn more about the annual flu vaccination on campus this fall, please visit our website: <https://health.wayne.edu/wellness-warriors-stop-the-flu-wsu/>

COUNSELING | COACHING | 24/7 CRISIS LINE | WORK/LIFE SOLUTIONS

Life Can be Hard. Talking Helps.

Call us for short term, solution focused assistance for the concerns that are so common in our world today:

- Managing Stress and Anxiety
- Relationship Strain
- Back to School Challenges
- Substance Use
- Grief/Loss
- Getting Organized
- Finding Resources for Child and Eldercare



Did you know Ulliance offers free Enhanced Legal and Financial Resources?

Click on the link below for more information.

[Enhanced Legal and Financial Flyer](#)

Browse some of our helpful employee bulletins by clicking the links below.

- [Working from home with kids](#)
- [EBook- Six Effective Tools for Managing Anxiety – COVID-19 and Non-COVID-19](#)
- [Helping the Helper](#)
- [Helping the elderly](#)

Free On-Demand Webinars:

In case you missed any of our recent webinar offerings, you can view them on our portal any time. Find topics such as Becoming Assertive, Resiliency During Times of Change, Working from Home and Keeping a Balance and Parenting an Anxious Child.

Resiliency During Times of Change - Watch here: <https://vimeo.com/409599331>

Working from Home and Keeping a Balance - Watch here: <https://vimeo.com/399369040>

Parenting an Anxious Child - Watch here: <https://vimeo.com/376975260>

Improving Your Mood the Natural Way - Watch here: <https://vimeo.com/316625432>

Or view all on demand topics here:

<https://vimeo.com/channels/ullianceeewebinars201706>

Register now for our upcoming LIVE webinars in October:

Respectful Workplace - Tuesday, October 6, 12:00-1:00 PM

Registration URL: <https://attendee.gototraining.com/r/8787018063035735041>

Telephone Etiquette- Thursday, October 15, 12:00-1:00 PM

Registration URL: <https://attendee.gototraining.com/r/4317273498173896194>

Team Conversations- Monday, October 19, 12:00-2:00 PM

Registration URL: <https://attendee.gototraining.com/r/8869800293468815874>

Workplace Bullying- Tuesday, October 22, 12:00-1:00 PM

Registration URL: <https://attendee.gototraining.com/r/3859978915600498946>

Continuing Education for Parents—Toddlers: The Trying Twos and Beyond - Wednesday, October 23, 12:00-1:00 PM

Registration URL: <https://attendee.gototraining.com/r/4815484206951810306>

Men's Health- Friday, October 30, 12:00-1:00 PM

To register, please go to academica <https://academica.wayne.edu>

Call us toll free at **800.448.8326** | <http://wsu.lifeadvisorwellness.com/>



Accelerate

Employee Development Tools

Learning resources to lead and work in a virtual environment.

Leading Virtually • Working Virtually • Personal Wellbeing • Virtual Productivity

Check out these self-paced learning resources that address topics identified as most important* for WSU leaders and staff to be successful in a virtual environment.

Log into Academica at <https://academica.wayne.edu> to access these programs:

Learn more at: [Accelerate Information website](#)

*Topics identified in a campus-wide survey in May 2020.

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Health and Nutrition PHONE CONSULTATIONS - Tuesday, October 6, 9:30 AM, 10:15 AM, 11:00 AM, 11:45 AM, 12:30 PM, and 1:15 PM

Registration URL: https://academica.aws.wayne.edu/vub?destination_url=https://www.eaa.wayne.edu/event_new/session_registration.cfm?eid=2097

WEBINAR – Boosting Your Body's Immune System - Wednesday, October 14, 2:00- 3:00 PM

Registration URL: <https://attendee.gotowebinar.com/register/8741447704242270734>

WEBINAR – How to Maintain Healthy Bones -Tuesday, October 27, 1:00-2:00 PM

Registration URL: <https://attendee.gotowebinar.com/register/119161082106668046>

Stay on the path to total well-being!



Call Ulliance we're here to help—**800.448.8326**

WAYNE STATE UNIVERSITY WARRIOR STRONG