

# WorkStrong Frequently Asked Questions

## **What is WorkStrong?**

WorkStrong is a voluntary UC campus' wide program designed to improve employees' health and well-being through goal setting, movement, and nutrition. All services are covered by University of California, Office of the President (UCOP) and are of no cost to the participant and their department.

## **What does WorkStrong include?**

The WorkStrong Program includes: Twelve weeks of free, personalized fitness training; Access to nutritional counseling with a registered dietitian; Access to the full range of fitness classes offered at UCSC campus Athletics and Recreation; Six months of free gym membership at Athletics and Recreation; Functional Movement training; Virtual training sessions as applicable (webcam, computer, and internet connection required).

## **Which appointments are on the employee's own time?**

All WorkStrong appointments are on employees own time.

## **Who can participate in WorkStrong?**

Employees are eligible to be referred into the WorkStrong program if they have been injured at work within the last 2 years or at the request of the Occupational Health physician. Every referral is reviewed by an Occupational Health physician as well as Risk Services and a determination is made on whether or not the employee is an appropriate candidate for the program.

## **How much do I have to pay?**

There is no cost to the employee to participate in WorkStrong. All costs are covered by UCOP.

## **Where is the program located?**

All personal training sessions are conducted on UCSC's campus with exception of web based live personal training sessions. All nutritional counseling sessions are provided in Santa Cruz by our offsite vendor Nourish Santa Cruz.

## **What is the time commitment?**

WorkStrong is a 12 week commitment. This takes commitment to your improved health, fitness, and capabilities. The effort, dedication, and persistence you put into your specific training and nutrition have the potential manifest itself into the changes you wish to see. The key is your effort, dedication, and persistence in alignment with your WorkStrong services provider's professional recommendations and plans of attack.