

## Well Being Hub

University of Ulster

### Background

The University of Ulster employs approximately 3000 staff at four main sites across Northern Ireland. It recently adopted a new strategic focus on improving employee health and well-being.

The University wanted to dramatically improve the health and well-being of their employees. In order to reach this goal they wanted to educate employees about health and well-being. In particular, they required a solution that would:

- bring together all their well-being action plans, initiatives and resources;
- engage and empower managers to take an interest in the health and well-being of their staff;
- provide access to external well-being resources and support, thereby engaging and empowering employees to improve their health and well-being; and
- be completely confidential.

### Solution

Designed and built by Aurion Learning, with specialist content provided by Emtel, *the well-being hub* is an online portal that allows the University to consolidate all its well-being initiatives and resources in a central online portal. Employees enter the online site via a password protected login, ensuring client confidentiality and providing easy access both at home and at work.

#### Features include:

- Events calendar
- Blog and photo gallery
- Organisational resources (contacts, policies and forms)
- Nationwide health and well-being service directory
- Interactive well-being health checks
- Key contacts
- Online learning community



- Leader's toolkit (to help managers recognise and manage stress in others)
- Well-being and relaxation tools
- Well-being advice
- Health encyclopaedia
- Well-being tips
- FAQs.

### Outcomes

The University of Ulster can now inform, communicate and update their employees on key well-being policies, procedures and initiatives through a central well-being hub. Employees are kept up-to-date on well-being events and can access internal and external health and well-being advice, health checks, well-being tools and a learning community.

By empowering and engaging leaders to become an active part of the solution, the University has dramatically improved health support throughout the workforce.

Finally, the well-being hub has encouraged employees to get involved in well-being initiatives, fund-raising activities and health eating schemes.

### Want to find out more?

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