

# Key wellness and health points for employees

## WORKING WELL

- The University encourages a campus culture that helps employees, retirees and their families to lead healthy lifestyles.
- **Mission of [Working Well](#):** To help Ball State faculty and staff to work in an environment that promotes and enhances a culture of health and wellness. Established in 2007, Working Well provides employees with tools to empower them to proactively manage their health. We offer a variety of programs and incentives to identify and act on existing health conditions or maintain an active healthy lifestyle. Providing a culture of health and well-being contributes to employees thriving in their jobs and in the classroom, along with our community. We focus on collaborative partnerships to help employees and their families achieve their health goals.
- **Call:** 765-285-9355
- **Email:** [workingwell@bsu.edu](mailto:workingwell@bsu.edu)
- **Where:** 1500 W. Neely Ave, room 004

## MENTAL HEALTH – Lifeworks Employee Assistance Program

Your everyday life can be very challenging at times. Working to balance your family, relationships, finances and everything else can be overwhelming. Change is constant in our world today. Often times dealing with change can be difficult and leaves us to feel alone and helpless. Ball State wants to help you cope with these challenges by providing free counseling sessions, self-help tools, online articles and other resources for you and your family members through LifeWorks. Services are 100% confidential.

- **Call:** 888-456-1324
- **Web:** <https://bsu.lifeworks.com/>
  - SSO login with your Ball State username and password
- **Hours:** 24/7 – 365 day a year

# Quick Links for Employees

## OVERALL WELLBEING

[Health and Wellbeing Resources](#)  
[Working Well Programs and Services](#)  
[Lifeworks](#)

## WORK AND LIFE EVENTS

[Quit Smoking](#)  
[Health Coaching](#)  
[Managers and Supervisors Toolkit](#)  
[Parking Services](#)  
[Accessibility and Accommodations](#)

## MENTAL HEALTH

[Chat With Us](#)  
[Mindful Meditation Sessions](#)  
[Self-care for your Mind Sessions](#)  
[Time for You - Resiliency Program](#)  
[Mental Health First Aid](#)  
[Employee Assistance Program](#)

## PHYSICAL HEALTH

[Employee QuickClinic](#)  
[Health and Wellness Benefits](#)  
[Lactation Room Locations](#)  
[Diabetes Prevention Program](#)  
[Recreational Center](#)

## PANDEMIC

[COVID-19 Website](#)  
[Get Tested for COVID-19](#)  
[COVID-19 Dashboard](#)  
[Financial Resources](#)

## EMPLOYEE SAFETY

[Online HR Training Modules](#)  
[Title IX Coordinator](#)  
[University Police](#)  
[Emergency Phone Numbers](#)  
[Campus Safety](#)  
[Emergency Procedures](#)  
[Worker's Compensation](#)

## INCLUSIVE EXCELLENCE

[Inclusive Excellence](#)  
[Bias Incident Reporting](#)  
[Multicultural Center](#)  
[Office of Disability Services](#)  
[LGBTQ Resources](#)  
[Freedom of Expression Statement](#)  
[Use of Property for Expressive Activities Policy](#)  
[Anti-Harassment Policy](#)