

Health and Well-being



A collective health and well-being resource for the entire VCU community to explore the 8 dimensions of well-being
ramstrong.vcu.edu

24/7 Virtual Health and Well-Being Support



TalkNow



Scheduled
Counseling



Health
Coaching

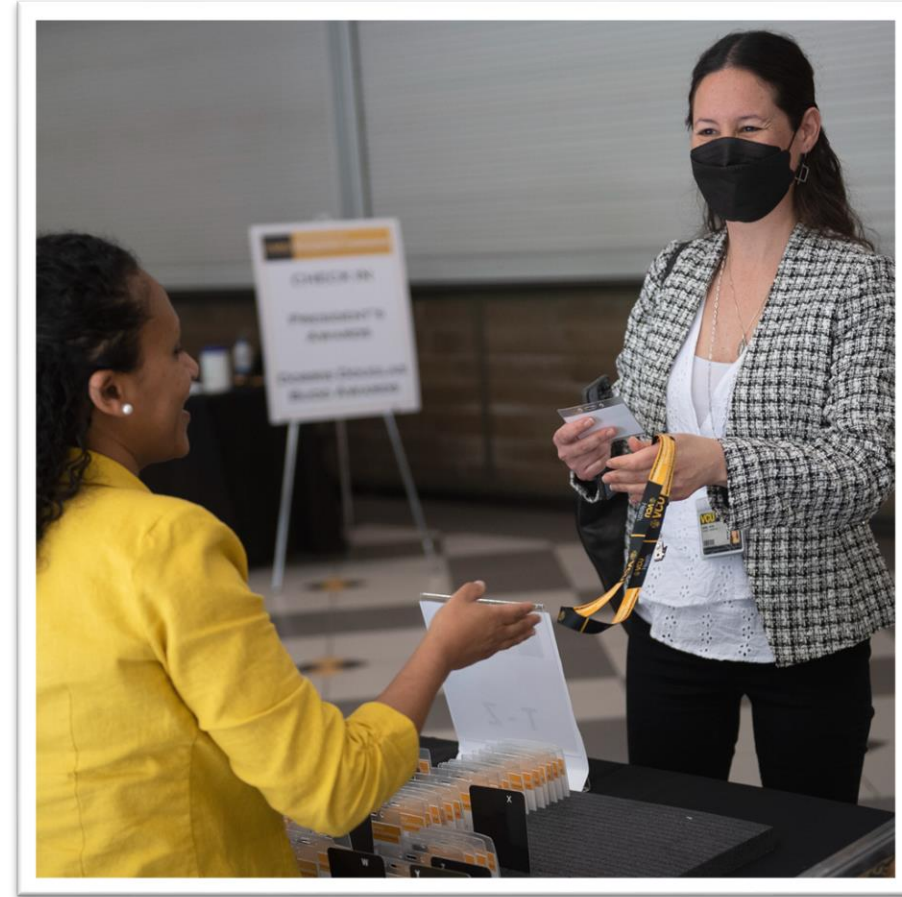


VCU
timely care

VCU Employee Health Services

New in 2023

- Employee wellness screenings
- RN call line
- 2nd location opening spring 2023



Employee Health: Wellness Screening

Your Assessment Results:

Your results may be influenced by many factors, including stress, lifestyle, and genetics. This screening is not meant to diagnose or treat any medical condition.

NORMAL / GOOD **ROOM TO IMPROVE** **SEE YOUR DOCTOR**

Blood Pressure		heart.org/BPlevels		
Systolic:	<input type="text"/>	less than 120	120 - 129	130 or higher (mm Hg)
Diastolic:	<input type="text"/>	less than 80	80 - 89	90 or higher (mm Hg)

Cholesterol		heart.org/cholesterol		
Total:	<input type="text"/>	less than 200	200 - 239	240 or higher (mg/dL)
HDL:	<input type="text"/>	60 or higher	40 - 59	less than 40 (mg/dL)
TC/HDL:	<input type="text"/>	less than 3	3.1 - 3.8	higher than 3.8
Triglycerides:	<input type="text"/>	less than 150	150 - 499	500 or higher (mg/dL)
LDL:	<input type="text"/>	less than 129	130 - 189	190 or higher (mg/dL)

Glucose		diabetes.org		
Fasting:	<input type="text"/>	less than 100	100 - 125	126 or higher (mg/dL)
Non-Fasting:	<input type="text"/>	less than 200	200 or higher	(mg/dL)

Body Mass Index (BMI)		cdc.gov/healthyweight/		
<i>BMI is calculated from height and weight, and may be less accurate for athletes or highly muscular individuals.</i>				
Height (in):	<input type="text"/>			
Weight (lbs):	<input type="text"/>			
BMI:	<input type="text"/>	18.5 - 24.9	25 - 29.9	30 or higher

Employee Health: Wellness Screening

VCU Employee Health Services Wellness Screening

ramstrong.vcu.edu

Name: _____

Date: _____

Your ideal score in each category is 15. If it's significantly lower, see what you can change in your lifestyle so you can improve your score and enhance your well-being.

Your Score

EMOTIONAL well-being is about self-esteem, optimism, and how we cope with our feelings.	
PHYSICAL well-being is about maintaining a healthy and thriving lifestyle.	
ENVIRONMENTAL well-being or how we feel about our environment directly impacts our quality of life.	
OCCUPATIONAL well-being is about finding personal satisfaction and enrichment in your everyday work.	
SOCIAL well-being is about how your relationships impact the quality of your life.	
SPIRITUAL well-being is about connecting your mind and body and participating in activities that are in line with your values and beliefs.	
FINANCIAL well-being impacts our relationship with money and how we manage resources.	
INTELLECTUAL well-being means participating in mentally stimulating and creative activities.	
OVERALL:	

Visit <https://ramstrong.vcu.edu/assessment/> to retake assessment at any time.

Notes and Resources:



Employee Health Services

Monroe Park Campus
800 West Broad Street
Richmond, VA 23220
Nurse Call Line: (804) 628-2594
employeehealth@vcuhealth.org

Other featured resources and initiatives

- University Student Health Services
- University Counseling Services
- Kognito simulations for talking with students in distress
- Recreation and Well-being (RecWell)
- You@VCU
- Alcohol and drug education
- UNIV 191 – Well-being in College course
- Syllabus statement on managing stress
- Hazing prevention training for Fraternity and Sorority life
- Healthy Minds study