WorkStrong Frequently Asked Questions

What is WorkStrong?

WorkStrong is a UC systemwide wellness program that targets the injured employee population. It is designed to improve our employees’ health and well-being through goal setting, exercise, nutritional counseling and pain and stress management counseling. The goal is to promote recovery and prevent future injuries. All services are covered by University of California, Office of the President (UCOP) and are free for the participant and their department.

What does WorkStrong include?

Weekly 30 minute wellness coaching sessions, 24- 60 minute personal training sessions, 6 month ARC gym membership, nutritional counseling, pain and stress management counseling, and additional WorkStrong classes such as Managing Stress at Work, Meditation, Shopping Tour and the Healthy Choices Series.

Which appointments are covered during work time?

Essentially all appointments that occur with a WorkStrong provider at Occupational Health Services during our business hours. This includes:

- Physician clearance
- Wellness coaching sessions
- Nutrition counseling sessions with our registered dietitian
- Pain and stress management counseling sessions with our clinical psychologist

Which appointments are on the employee’s own time?

- Personal training sessions
- Gym workouts
- WorkStrong classes, including but not limited to Meditation series, Managing Stress at Work, Resilience Building, Healthy Choices Series, and Grocery Store Tour. These classes are typically offered during the lunch hour.

Who can participate in WorkStrong?

Employees are eligible to be referred into the WorkStrong program if they have been injured at work twice 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 Human Resources and a determination is made on whether or not the employee is an appropriate candidate for the program.

How long does the WorkStrong program last?

The WorkStrong program is considered complete once the participant has completed 24 personal training sessions. These are generally held twice per week, however, depending on both the employee and the trainer’s schedules the program can run longer. The average program length is between 12 and 16 weeks.

How much does the program cost?

The WorkStrong program is free. All costs are covered by UCOP.
Where is the program located?

All appointments with the physician, wellness coach, dietitian and psychologist are held in Occupational Health Services. Personal training sessions and other workouts are held at the ARC. Group classes are normally held at Occupational Health Services, but can be held at various other locations on campus.

Does the program work?

Actuarial data has shown a 29% decrease systemwide in expected worker’s compensation claims and a 39% reduction in expected cost for WorkStrong graduates. This has resulted in a savings of $1.4 million dollars since WorkStrong’s inception in 2011.

What do WorkStrong participants have to say about the program?

“Being part of a program that is organized and lead by professionals who are kind, knowledgeable, resourceful and attentive and experts in their craft leaves no room to fail. Being a WorkStronger changed my perspective of the way I was approaching my life and work environment.

I’ve been a UCD employee for 3 years and have gained an average of 10-15 lbs per year. Skipping breaks, and eating while working took a toll on my body and health. After experiencing two similar injuries in less than a year, I was invited to participate in WorkStrong. When I joined the program I didn’t know the benefits were going to be life changing.

Stacey Brezing, wellness coach is amazing! We met weekly to discuss goals and the best ways to achieve them. Having a wellness coach is wonderful because it made me accountable. As the weeks went on it was easier to meet my goals.

I met with Allison Tallyn, Dietitian once a week initially and then biweekly. I attended her wonderful classes and a field trip to the Co-Op. It was so beneficial to have someone like Allison review your personal dietary consumption while she advises, educates and trains you on alternative foods that are nutritious and beneficial to your health.

I was so fortunate to meet Beth Cohen, clinical psychologist and had 3 amazing sessions with her. She is a gifted individual who contributes so much to the wellbeing of others in so many ways. I took her Building Resilience class and Meditation series and found them to be extremely helpful.

I trained with Bob, whose many years of experience helped me increase flexibility in my upper body. With his help I was able to strengthen my core, which is very important when you sit for long hours facing a computer monitor.

As a WorkStronger I made a commitment to myself and the wonderful team who lead it. The program empowers you to put your personal wellbeing and health first. I can see the benefits and the skills acquired have become part of my life. I refuse to go back to the place where I found myself 3 months ago.

Thank you so much for caring for your job and the lives you touch.”

Carmen Taylor
QI/Executive Assistant
Student Health and Counseling Services