



EMPLOYEE WELLNESS BROCHURE

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WELLNESS SERVICES

ENCANA WELLNESS CENTRE : U216

Wellness Services takes an innovative approach to your total health by integrating several services that address the wellness of your body, mind and spirit. Wellness Services takes a “whole person” approach to employee wellness by housing Health Services, Diversity & Human Rights, Student Counselling, Optimal Therapies, Health Education and Multi-Faith Chaplaincy all within one centre.

WELLNESS SERVICES : OPTIMAL THERAPIES

SERVICE OFFERING:

Are you looking to relieve your sore joints and aching muscles? Do you need treatment for a chronic injury? Are you interested in learning how to treat or prevent injuries? Come visit Optimal Therapies, where a full complement of health care professionals offer chiropractic care, athletic therapy, massage therapy, physiotherapy, acupuncture and energy balancing.

Conveniently located on-campus in the EnCana Wellness Centre, Optimal Therapies provides complementary and alternative wellness services to employees and their families, including the custom building of orthotics.

CONTACT INFORMATION:

Tel: 403.440.6917

Online: www.mtroyal.ca/optimaltherapies

Location: U216 (EnCana Wellness Centre)

SERVICE OFFERING:

Here's something you may not know: In addition to providing counselling to students, we provide assistance to Mount Royal University employees. We can help support you in difficult situations.

We offer:

- Assistance to University departments in dealing with highly emotional situations
- Workshops on emotional wellness and mental health for students
- Support to employees during times of crisis by providing consultation, connecting employees with Mount Royal's Employee and Family Assistance Program
- Offering a bridge to community services

CONTACT INFORMATION:

Tel: 403.440.6362

Online: www.mtroyal.ca/counselling

Location: U216 (EnCana Wellness Centre)

WELLNESS SERVICES : HEALTH SERVICES

SERVICE OFFERING:

Health Services is a comprehensive, on-campus medical clinic that offers health care services to Mount Royal University employees and students. Appointments are scheduled with our team of clinic physicians and nurses for a range of health care services, including physical exams, sexual health concerns, immunizations, sore throats and lab tests. You'll receive quality, timely care for any health issues you have that require medical attention and follow-up.

CONTACT INFORMATION:

Tel: 403.440.6326

Online: www.mtroyal.ca/healthservices

Location: U216 (EnCana Wellness Centre)

SERVICE OFFERING:

The Health Education program is designed to help you make smart decisions about your health. This program provides current information on timely issues, such as stress reduction, tobacco education, flu prevention, alcohol awareness and more. It also helps raise awareness of the many wellness resources and programs available to you as an employee.

Watch for events, guest speakers, displays, brochures and newsletters on a variety of health issues.

CONTACT INFORMATION:

Tel: 440.6369

Online: mtroyal.ca/healthed and mtroyal.ca/tobaccofree

Location: U216B (EnCana Wellness Centre)

WELLNESS SERVICES : MULTI-FAITH CHAPLAINCY

SERVICE OFFERING:

Mount Royal University recognizes that spiritual wellness is as important as physical and emotional health. Nourish your spiritual life with these two initiatives that exist to help employees and students enhance their wellness:

Multi-Faith Chaplaincy: You can book an appointment with a chaplain from your faith tradition. Contact the chaplaincy coordinator to set up an appointment.

Meditation Centre: Visit this tranquil room whenever you need time and space for spiritual re-centering. The centre is available for individual or group prayer and meditation.

CONTACT INFORMATION:

Tel: 403.440.8904

Online: www.mtroyal.ca/multifaith

Location: F122 (chaplaincy offices) & W201 (meditation centre)

WELLNESS SERVICES : DIVERSITY AND HUMAN RIGHTS

SERVICE OFFERING:

The Office of Diversity and Human Rights promotes a healthy, inclusive environment of respect and dignity for all Mount Royal community members.

If you have questions about discrimination or believe you have been discriminated against, please contact us.

All matters are handled in strict confidence. The office is a Positive Space and promotes understanding of respect for sexual orientation and gender diversity. Drop-ins are welcome, however booking an appointment with the Diversity and Human Rights Advisor is recommended to reduce wait time.

CONTACT INFORMATION:

Tel: 403.440.8675

Online: www.mtroyal.ca/humanrights

Location: U216C (EnCana Wellness Centre)

RECREATION

SERVICE OFFERING:

Gain energy, clear your mind, learn new skills and have fun in Mount Royal's outstanding Recreation Centre. Whether you want to play, exercise or unwind, we'll support your healthy, active lifestyle with hundreds of courses offered each semester ranging from fitness, to climbing to intramural sports.

As a Mount Royal employee (MRSSA, MRFA or Management Exempt), you automatically receive a membership and your family is entitled to reduced membership rates. Membership privileges include access to recreation facilities and member rates on courses. It's easy to be active while at work – validate your membership annually and bring your Campus Card to get in.

CONTACT INFORMATION:

Tel: 403.440.6517

Online: mtroyal.ca/recreation

Location: U130

SERVICE OFFERING:

The Office of the Ombudsperson at Mount Royal University is a safe place to obtain advice and assistance with resolving a problem, concern or conflict.

Working with Mount Royal employees, the Ombudsperson seeks prompt and fair resolution to problems and conflicts. All matters are handled in confidence.

You would approach the Ombudsperson at Mount Royal if you:

- Are not sure what to do or who to turn to
- Need information or advice about a problem you have or about a Mount Royal policy or procedure
- Believe you have been treated unfairly

CONTACT INFORMATION:

Tel: 403.440.6076

Online: mtroyal.ca/ombuds

Location: Y320G

SERVICE OFFERING:

Integrative health encompasses the whole person (body, mind, spirit and emotions), including all aspects of lifestyle. It emphasizes the therapeutic relationship and makes use of all appropriate therapies - conventional, complementary and alternative. Mount Royal University's Integrative Health Institute (IHI) website offers resourceful information and often invites employees to participate in innovative research projects. IHI works collaboratively with our Faculty of Continuing Education and Extension to create certificate programs, personal and professional development courses that promote body, mind and spirit health and well-being.

As a Mount Royal University employee, you can register at no charge for any approved course that does not have a full complement of paying students.

CONTACT INFORMATION:

Tel: 403.440.8809

Online: www.mtroyal.ca/integrativehealth

Location: U267

SERVICE OFFERING:

Can you imagine participating in lifelong learning at no cost to you? At Mount Royal you can. Employees can register free of charge in any approved Continuing Education course unless it is full. Check with the MRSSA regarding EDT funding to reimburse tuition if you do pay for CE courses.

If you are working toward a new career or need new workplace skills, our programs can help you. If you embrace learning for personal interest, we have a huge variety of courses to meet your needs. We offer courses in a variety of formats: evening, day and weekend face-to-face courses as well as distance, online and blended learning.

CONTACT INFORMATION:

Tel: 403.440.6875

Online: www.conted.mtroyal.ca

Location: EB3101

OCCUPATIONAL HEALTH AND SAFETY

SERVICE OFFERING:

A safe and healthy work environment is an objective we all share. Mount Royal University has a full-time occupational health and safety coordinator who can work with you to prevent work-related accidents, injuries and illnesses.

The coordinator is responsible for working with faculty and support staff to ensure that employees understand and follow occupational health and safety rules. The coordinator also educates university employees about their workplace health and safety duties.

CONTACT INFORMATION:

Tel: 403.440.6038

Location: N280

SERVICE OFFERING:

The MRSSA Develop, Train & Learn (DTL) Committee funds work-enhancing group development, training and learning activities. The activities are professional, personal, flexible, and responsive; they benefit all MRSSA members and in turn benefit the Mount Royal workplace.

MRSSA members can access the funds either through submitting proposals for group funding or suggesting to the Committee learning opportunities, such as courses, workshops, lunch & learns, or keynote events they wish the Committee to organize.

CONTACT INFORMATION:

Tel: 403.440.6855

Online: www.mrssa.ca/committees.html

SERVICE OFFERING:

Mount Royal University's Department of Human Resources provides services to promote, maintain and establish employee health and wellness. Services such as monitoring and maintenance of illness/injury leaves, supported return to work from illness/injury, ergonomic assessments, and university collaborations on employee health and wellness programming are some examples of our involvement in employee health and wellness.

CONTACT INFORMATION:

Tel: 403.440.6584

Online: www.mtroyal.ca/HR

Location: Department of Human Resources – D101

SERVICE OFFERING:

Learning and Development in the Department of Human Resources provides opportunities for the collective University community and individual employees to embrace exceptional work practices by providing experiences that enhance:

- Communicating and listening with intention
- Contributing and leading
- Making decisions and guiding efficient work

Learning and Development will work with you, your department or a group of like-minded employees. Advise us about your department's learning goals and we will assist you with finding learning resources.

CONTACT INFORMATION:

Tel: 403.440.6855 or 403.440.6583

Online: www.mtroyal.ca/EmploymentCareers/HumanResources

Email: prodev@mtroyal.ca

Location: Department of Human Resources – D101

HUMAN RESOURCES : GROUP BENEFITS*

SERVICE OFFERING:

Extended Health Care:

Tel: 1.800.361.6212

On-line: www.mysunlife.ca

Reimbursement of prescription drugs, chiropractic services, athletic therapy, massage, physiotherapy, ambulance, etc.

Health Care Spending Account:

Tel: 1.800.361.6212

On-line: www.mysunlife.ca

Reimbursement of eligible health care expenses that are limited or not covered under group benefits

Dental Care:

Tel: 1.800.361.6212

On-line: www.mysunlife.ca

Reimbursement for basic and major services

SunLife Travel:

Tel: 1.800.511.4610

On-line: www.mysunlife.ca

Emergency medical travel assistance

Employee Family Assistance Program:

Tel: 1.800.663.1142

On-line: www.humansolutions.ca

24-hour counselling service and support

*eligible employees and their dependants
are supported through these benefits

CONTACT INFORMATION:

Tel: 403.440.5911

Online: mymru.ca/EmployeeResources

Location: Department of Human Resources – E208

SERVICE OFFERING:

When you visit our office, your dental health is our top priority and our team is dedicated to providing you with excellent, personalized care. We understand how uneasy some patients may feel about their dental visits, and we are committed to making your visits as comfortable as possible. We offer preferred appointment times for MRU faculty and staff including Saturday appointments, and accept and direct bill to most insurance plans. Also, ask us how to get free teeth whitening for life!

CONTACT INFORMATION:

Tel: 403.685.3210

Online: www.brightdentalhealth.com

Location: Wyckham House - Z006 (Lower Level)

SERVICE OFFERING:

At Wyckham Pharmacy, we hope to tailor our products and services to meet your individual needs quickly, confidentially and with the utmost care. Along with our comprehensive front store and dispensary, other services also included are prescription transferring, medication injections, prescription holdings, medication reviews and more. It's everything you would want in a pharmacy, right here on the MRU campus!

CONTACT INFORMATION:

Tel: 403.720.3784

Online: www.wyckhampharmacy.com

Location: Wyckham House – Z004 (Lower Level)



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UNIVERSITY
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WELLNESS SERVICES
mtroyal.ca/wellness