



SmartHealth & WellCoug Program Updates

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SmartHealth Updates

- Transitioning from Limeade to WebMD January 1, 2024
- Incentives, eligibility, deadlines, name and branding are not changing
- Web and mobile platforms are changing, as well as new features and capabilities
 - Daily habits
 - Health tracker
 - Mental health podcasts
 - Wellness videos
 - Curated WebMD content

ARTICLES



Heart Disease and Diabetes

Diabetes greatly increases the risk of heart disease. Learn about the risk factors and how to lower them.

🕒 4 min ❤️ 13

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How Secure Is Your Health or Fitness App?

Researchers have a warning for those who use health and fitness apps -- your privacy and personal information may be at ...

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Stress and Cholesterol: Is There a Link?

Could long-term stress lead to high cholesterol?

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The Complex Link Between Depression and Weight

Does depression cause weight gain or weight loss? Does weight gain or weight loss cause depression? WebMD helps to unrav...

🕒 3 min ❤️ 122

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RA: Exercises That Are Easy On Your Joints

Strengthen muscle and improve joint pain with these arthritis-friendly exercises.

🕒 4 min ❤️ 28

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Understanding Heart Attack: Diagnosis and Treatment...

Learn more from WebMD about heart attacks, from diagnosis and treatment to long-term recovery.

🕒 5 min ❤️ 3

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WellCoug Program Updates

- Path from 2018-now
- Zo8 award, NWI certification, increased FTE
- Relunched and reseated WellCoug Champions Network
 - 20 high-level representatives, up from 4 remaining post-covid
- Increased wellness trainings/presentations
- Greater support for wellness efforts within individual colleges/departments
- Greater collaboration with HCA partners and other higher eds

Questions or feedback?

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