

Campus Recreation (554-2539)

With purchase of an activity card, employees may utilize the fitness center facilities in the Health, Physical Education and Recreation Building: 50 meter pool, indoor jogging track, racquetball and squash courts, weight rooms, climbing wall, and activity courts.

Activities include:

1. Children's swimming/diving
2. Mav-Rec Masters Adult Swim Program
3. Weight training instruction
4. Dance, Fencing & Yoga
5. Mav Kid's Summer Camp
6. Water exercise & fitness classes
7. Outdoor equipment rental
8. Outdoor adventure trips
9. Faculty/Staff golf
10. Faculty/Staff noon time volleyball

Student Health Services (554-2374)

1. Reduced cost to UNO employees for:
Physician and APRN visits
Lab work
Immunizations
Over-the-counter medications
2. Services offered free when required for employment include:
Hepatitis B Immunization
TB Screening
Physicals for Child Care staff
3. Free immediate and ongoing health care services to employees injured on the job.
4. Periodic health promotion events (including Health Fair, flu shots, cholesterol checks)

Chancellor's Commission on the Status of Women (CCSW) (554-3760)

CCSW, in conjunction with Facilities Management and Planning, provides 20 infant care stations in women's and men's restrooms across campus.

UNIVERSITY OF
Nebraska
Omaha

Resources For Balancing Work and Family



Human Resources (554-2321)

1. Paid Vacation Leave, Sick Leave and Holidays
2. Parental Leaves including medical maternity, paternity, adoption and Family/Medical (FMLA)
3. Crisis Leave
4. Employee/Dependent Scholarship: employees or their spouse/dependents may take up to 15 credit hours per year, tuition free
5. Free admission to most UNO athletic events for employees/families
6. Cultural Events: theater, dance, vocal and instrumental concerts, library, and art gallery are frequently at reduced rates for employees
7. Flexible health and dental insurance benefits (including contraceptive prescriptions)
8. Life Insurance Benefits
9. Long-term Disability Leave Insurance
10. Long-term Care Insurance
11. Vision Care Insurance
12. Flexible spending accounts for child care and out-of-pocket medical expenses
13. Retirement Plan

Human Resources Faculty/Staff Employee Assistance Program (FEAP) (559-5175)

Provides free, confidential, short-term counseling assessment, referral, and follow-up for employees and their immediate family members.

Free workshops on a variety of subjects:

Marital/Relationship Issues
Substance Abuse
Communication for Intimates
Family/Parenting Concerns
Grief and Loss
Conflict Management
Elder Care
Depression/Anxiety

Departments may request assistance with a variety of concerns:

- Management/supervisory training
- Crisis counseling/intervention
- Manager/supervisor consultation
- Campus/community education programs

Wellness Stampede (554-3917)

The UNO Wellness Stampede is a comprehensive wellness program that promotes the quality of life, including physical, social, emotional, spiritual and intellectual health for all members of the UNO community. Major areas of focus include health, fitness, nutrition, and safety activities. These activities provide the knowledge, skills and attitudes necessary to successfully change behavior and commit to lifelong wellness.

Child Care Center (554-3398)

Child care is provided for the children (18 months-6 years of age) of students, faculty, staff, and alumni from 6:30 a.m. until 5:30 p.m., Monday through Friday during the academic year. A program for school age children (5-12) is provided during the summer.

1. Breakfast, lunch, and an afternoon snack are provided for each child.
2. "Educare" preschool program incorporates planned activities, both structured and unstructured, that encourage young children to experiment and to pretend.
3. Open-door policy allows parents to drop in and visit at any time. Parents are invited to eat lunch with their children for a nominal charge.