



BEWELL WORKSHOP FAQs

Q: Will parking be validated?

A: *No, we will not validate parking. Please prepare to pay for parking if coming to the downtown area.*

Q: Will lunch be provided?

A: *No, lunch will not be provided.*

Q: Can we bring our own lunch?

A: *Unless otherwise noted on the promotional materials, food and drinks are not permitted in most conference rooms.*

Q: Will these workshops/webinars be offered at a later date?

A: *Yes. HR Benefits and Wellness will promote future workshops/webinars through communications sent from the Departmental Benefits Representatives (DBRs) and Wellness Action Committee (WAC) members.*

Q: Are these workshops ever offered outside of downtown locations?

A: *Yes, some departments located outside of the downtown area will host a BeWell workshop. Your Departmental Benefits Representative (DBR) or Wellness Action Committee (WAC) members will send information on any scheduled workshops in your area.*

Q: Do we have to register to attend?

A: *Unless otherwise noted, you do not need to register for a BeWell workshop or webinar. Please make sure that you add the invite with details to your calendar.*

Q: Will I receive Healthy Lifestyle Activity Points (HLAPs) for attending?

A: *Yes, you will receive 10 points. Please clearly sign-in on the attendance sheet with your EIN and name. If attending a webinar, please follow the directions given during the webinar.*

Q: Will I need to take vacation time to attend?

A: *In order to cover work hours utilized to attend, non-exempt employees may be required to use annual leave or comp time (in conjunction with their lunch break) or, with prior approval from their supervisor, may be permitted to flex their time during the same week. Exempt employees are not required to use vacation time to attend.*

