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Special Release

11 July, 2024

HEALTH ADVISORY 4

RE-WORKPLACE WELLNESS PROGRAM: APPEAL FOR MAXIMUM UTILISATION

All staff are hereby notified/reminded that, as decided by the Board of Health and approved by Management, a **health check with adequate provision for follow up** was commenced **for all staff** in August 2023 with the main aim of **reducing** and finally putting an **end to preventable** or avoidable **deaths** in our midst. The **University has committed resources to this laudable and robust exercise**. It is well coordinated and review by the Doctor takes place in another building away from routine clinic activities. Statistics taken at six months **however** revealed that **only about 50% staff members turn up on their scheduled days** while **outsiders are pleading for slots**.

An appeal is hereby, therefore, made to **all staff** to please **maximize** this unprecedented **provision by the University**. It is noteworthy that **some preventable illnesses have been picked, addressed and being followed up in a number of our staff** since the exercise was commenced.

The **Wellness check is therefore recommended as it has been found to be beneficial**. Remember **prevention is always better and cheaper** than cure, **a stitch in time saves nine** and that **Health is Wealth**. Therefore, the appeal goes out once again, **please utilize and maximize** the provision.

Wellness Officers of the different Colleges, Faculties, Centres etc. may **reach Mr. S. O. Oladimeji, UHS Wellness Coordinator on 08056129262** and obtain information to have their staff scheduled.

Thank you.

G.O. Saliu, MANUPA, MNIM, MAUA
Registrar and Secretary to Council