UMKC Resource List

**Cerner Customer Service**
Telephone: 888-252-8150  
Available 24/7

**Diversity and Inclusion Office**
Website: [http://www.umkc.edu/diversity/](http://www.umkc.edu/diversity/)  
Email: diversityandinclusion@umkc.edu  
Telephone: 816.235.6704

**Employee Assistance Program (EAP)**
Website: [http://eap.saintlukeshealthsystem.org](http://eap.saintlukeshealthsystem.org)  
Username: UMKC  
Password: EAP  
Telephone (schedule appointment): 816-931-3073 or 1-800-327-1223

**Fitbit Customer Service**
Telephone: 877-623-4997

**Healthy for Life**
Website: [www.umurl.us/Wellness](http://www.umurl.us/Wellness)  
UMKC Wellness Coordinator: Laurie Goldstein  
Email: goldsteinlj@umsystem.edu  
Telephone: 816-235-6418

**General Program Support**
Email: Wellness@umsystem.edu  
Telephone: 573-884-1312

**HR Service Center**
Hours: weekdays 7:30 a.m.-5:00 p.m.  
Email: hrservicecenter@umsystem.edu  
Telephone: (573) 882-2146

**Human Resources**
UMKC Main office  
Website: [http://info.umkc.edu/hr/hr-service-center/](http://info.umkc.edu/hr/hr-service-center/)  
Telephone: (816) 235-1621

**Benefits**: Ted Stahl  
Email: StahlT@umkc.edu  
Telephone: (816) 235-1625

**Professional Development**: Susie Mickey  
Email: mickeysu@umkc.edu  
Telephone: (816) 235-1619
Staff Council
Website: http://info.umkc.edu/staffcouncil/
Community service opportunities: Sandra Smith
Email: smithsandraa@umkc.edu

Swinney Recreation Center
Website: http://www.umkc.edu/src/
umkcswinney@umkc.edu
Telephone: 816-235-2712

Tai chi Classes
Dr. Nina Chen
Email: chenn@missouri.edu

UnitedHealthcare- Nurse Liaison
Carolyn Murphy, RN
Email: Caroline.murphy@uhc.com
Telephone: (573) 296-0158

Walking Group - Volker Campus
Deborah Phillips, Volunteer Wellness Ambassador
Email: phillipsdeb@umkc.edu
Telephone: 816-235-2660

Weight Watchers at Work
Becky Bergman, Volunteer Wellness Ambassador
Email: BergmanR@umkc.edu
Telephone: 816-235-6093

At-Work Membership Customer Service
Telephone: 866-204-2885

Women’s Center
Website: http://info.umkc.edu/womenc/
Phone: 816.235.1638

Yoga classes
Volker campus instructor: Desire Hendricks
Email: DesireYoga@gmail.com

Hospital Hill & Volker campus instructor: Amanda Garner
Email: YogiCommunityKC@gmail.com

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