



Healthy for Life: T. E. Atkins Wellness Program



UMKC Resource List

Cerner Customer Service

Telephone: 888-252-8150
Available 24/7

Diversity and Inclusion Office

Website: <http://www.umkc.edu/diversity/>
Email: diversityandinclusion@umkc.edu
Telephone: 816.235.6704

Employee Assistance Program (EAP)

Website: <http://eap.saintlukeshealthsystem.org>
Username: UMKC Password: EAP
Telephone (schedule appointment): 816-931-3073 or 1-800-327-1223

Fitbit Customer Service

Website: http://help.fitbit.com/?l=en_US&cu=1&fs=ContactUs
Telephone: 877-623-4997

Healthy for Life

Website: 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/>
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

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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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