

MEDICAL ACCOMMODATION - ADAPTIVE EQUIPMENT



Employee Assistance Program

UVic staff and faculty and dependents can find support through our employee and family assistance program (EFAP).

[EFAP](#) is a confidential program that includes professional counselling, information and referral services. Our EFAP service catalogue includes a number of programs to support you through the challenges of daily life. Topics include:

- Achieve well-being
- Manage relationships and family
- Deal with workplace challenges
- Tackle Addictions
- Find child and elder care resources
- Get legal advice
- Receive financial guidance
- Improve nutrition
- Focus on your physical health

Access [EFAP](#) through online resources, e-counselling, telephone counselling, and face-to-face counselling. Access [EFAP](#) by phone, web or mobile app. For telephone and in-person counselling - call 1.844.880.9142 uvic.ca/hr/services/home/health/employee-and-family-assistance-program



TIPS FOR SITTING LESS:

- Stand up every 30 minutes – schedule reminders!
- Conduct standing meetings
- Suggest Walking Meetings when appropriate
- Stand up to answer the phone
- Use the printer that is further away
- Walk to a colleague tWalk thoon14.1k inhs (n)1t6 (i)2 of.1 (aph)1 (hh)1 (onh)1 (inh)1 (1p)1 or(T)8. etSt