

Columbus State University Well-being Program

Partnered with USG Well-Being

Be a part of the journey!

USG cares about your health and well-being. That's why we've enhanced the program with an engaging way to work on your well-being.

[More Information on USG Well-being Program](#)

Walk with CSU

Are you looking for an easy way to get healthy with your busy schedule? Interested in finding an activity that can be both social and beneficial to your health? Walking is a relatively easy, accessible exercise that can help maintain a healthy weight, prevent and reduce heart disease, high blood pressure, and diabetes, improve your mood, improve sleep and supports your joints, just to name a few benefits.



the CSU Walking



Group!

Walking time vary. Join the walking chat to contacting [Lashica Thomas](#) to receive updates on times
Open to all CSU Employees!

Walking Trails

Two new walking trails coming soon! [Check out the map with our two current walking trails!](#)

Benefits to Walking

Increased Energy, Improves Mood, Reduced Stress, Weight Loss, and Reduce Risk of High Blood Pressure

Join the [CSU Well-being Healthier Together](#) calendar to subscribe and events will show on your calendar. Also join the CSU Well-being teams channel-[CSU Well-being | General | Microsoft Teams](#) to get all the latest greatest in programs and events.

Brown Bag Sessions

You're invited to a virtual workshop!

Join

Register now to attend a free educational workshop conducted by knowledgeable professional on the financial topics that are important to your future.

Planning for Your Financial Future:

An Educational Workshop for Women-Focus on overcoming the specific financial hurdles many women face as they plan and invest for the future. Learn more about the importance of having a personal plan, a sound strategy and a consistent approach to saving.

View & Register for Available Events

To register, use this code: **CSUCOL11AA**

Well-Being and Health Care Support

Columbus State University cares about you and your family's health! That's why we have partnered with Board of Regents and BCBSGa to provide wellness benefits and health care support when you need it. Take advantage of these programs to keep you and your family healthy throughout the year:

- Preventive exams – covered under the health care plans at 100%! Take action and proactively manage your health before a serious medical condition occurs.
- On-line health risk assessment – measures how well you are doing managing your health, on-line health and wellness information, discounts on health-related products and alternative medicine therapies available on-line at www.bcbsga.com/bor or at www.kp.org
- 24/7 NurseLine
 - BCBSGa: [800-785-0006](tel:800-785-0006)
 - Kaiser: [404-365-0966](tel:404-365-0966) (Metro Atlanta)
 - Kaiser: [800-611-1811](tel:800-611-1811) (outside Atlanta)
- Health support programs for employees with on-going conditions or for those coping with a serious illness. These programs provide you with information about your condition and help you keep on schedule with doctors visits and medications.
- The [USG](#) seeks to improve well-being by providing opportunities and resources to enhance health and wellness with healthy habits.
- [Student Recreation Center memberships](#) through payroll deduction; memberships for Employee and/or Spouse, dependents (16 and older), or a sponsored member.

More USG Well-Being Resources