

MechSE WELLness

C05 Health Services and Benefits

Intent: Support the overall health and well-being of individuals and their families by adopting comprehensive health policies.

Access to basic healthcare services is one of the five key pillars that form the social determinants of health. Unfortunately, many people around the world struggle with access to quality healthcare, and access varies based on race, ethnicity, socioeconomic status, age, sex, disability status, sexual orientation, gender identity, and residential location. Delays in receiving help can increase emotional distress, complications, treatment costs, and hospitalization.

Impact: Enhancing access to essential healthcare impacts the quality of life of each individual.

Requirements for the Sidney Lu Mechanical Engineering Building:

1. Promote health benefits available to all eligible employees.
2. Offer on-demand health services to all eligible employees.

How is MechSE benefiting from University policy in accomplishing these requirements?

All eligible employees of the University receive healthcare. Healthcare is subsidized by at least 50% in all cases while one is employed and upon retirement if an employee chooses this arrangement.

Our benefits include medical, dental, vision care, mental health, substance use, sexual and reproductive health services, preventive screening, biometric assessments, access to medication/prescription, disease management for existing conditions (e.g., diabetes), essential immunizations based on region, tobacco cessation programs, chiropractic services, and wellness programs.

To fully understand the benefits, employees may contact human resources in our department. See our related policy W.C05.1 for more details and benefits including on-demand services available!



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