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UAMS Human Resources	https://hr.uams.edu/for-employees/	
Merchant Discounts	https://hr.uams.edu/benefits/merchant-discounts/ UAMS has a list of merchants who offer discounts to employees, students, and alumni of the University of Arkansas for Medical Sciences when your UAMS ID badge is presented.	
	Apartments and Hotels	https://hr.uams.edu/benefits/wp-content/uploads/sites/5/2021/08/Apartments-and-Hotels.pdf
	Dining & Restaurants	https://hr.uams.edu/benefits/wp-content/uploads/sites/5/2021/08/Dining.pdf
	Entertainment	https://hr.uams.edu/benefits/wp-content/uploads/sites/5/2021/08/Entertainment.pdf
	Fitness Centers	https://hr.uams.edu/benefits/wp-content/uploads/sites/5/2021/08/Fitness.pdf
	Retail and Services	https://hr.uams.edu/benefits/wp-content/uploads/sites/5/2021/08/Retail-and-Services-1.pdf
Educational and Tuition Benefits	https://studentfinancialservices.uams.edu/disbursementbilling/tuition-discounts-waivers-and-residency-exceptions/	
Wellness	https://gethealthy.uams.edu/ Get Healthy UAMS Newsletter Sign Up: https://gethealthy.uams.edu/about-us/get-healthy-uams-newsletter-sign-up/ . Follow UAMS Get Healthy on Facebook, Instagram, and Twitter	
	Financial Wellness	https://hr.uams.edu/benefits/financial-wellness/ The goal of the financial wellness committee is to provide support and resources for UAMS employees and students to assist with reducing debt and gaining financial wellness. Homeownership Promotion Program: https://hr.uams.edu/benefits/wp-content/uploads/sites/5/2020/12/UAMS-Employee-Homeownership-Promotion-Program-FAQ-FINAL-FINAL.pdf
	Physical Wellness	https://gethealthy.uams.edu/pillars-of-wellness-at-uams/physical-wellness/ Information about: exercise, nutrition, smoking cessation, breastfeeding, Stretch & Strategy program COVID-19 Resources: https://idhi.uams.edu/resources/ Food Pantry (https://gethealthy.uams.edu/pantry/) Mondays 2:00-8:00 PM Thursdays 12:00 PM-6:00 PM



	Emotional Wellness	https://gethealthy.uams.edu/pillars-of-wellness-at-uams/emotional-wellness/ Employee Assistance Program (EAP): https://eap.uams.edu/services/employee-services/ Contact: 501-686-2588 AR-Connect: the goal of AR-Connect is to help Arkansans needing immediate care 24/7 and connect them with treatment options in local area. Call Center: 501-526-3563 or 800-482-9921 Email: arconnect@uams.edu
	Environmental Wellness	UAMS Sustainability: http://uams.edu/campusop/depts/sus/
	Intellectual Wellness	https://gethealthy.uams.edu/pillars-of-wellness-at-uams/intellectual-wellness/
	Spiritual Wellness	https://gethealthy.uams.edu/pillars-of-wellness-at-uams/spiritual-wellness/ Chaplain Services: 501-686-7000
	Social Wellness	Volunteer opportunities & Student Life https://gethealthy.uams.edu/pillars-of-wellness-at-uams/social-wellness/
	Occupational Wellness	Professional Development: https://hr.uams.edu/managers-toolkit/develop/
	Mindfulness Library The UAMS Mindfulness Program offers weekly mindfulness classes.	Mental Health: https://gethealthy.uams.edu/kbtopic/mental-health/ Yoga: https://gethealthy.uams.edu/kbtopic/yoga/ Mindfulness: https://gethealthy.uams.edu/kbtopic/mindfulness-sessions/
Employee Development	Leadership Development, Employee & Professional Development, Mediation, My Compass: https://hr.uams.edu/organizational-development/employee-development/	
Benefits	Information about Health & Wellness, Financial Protection, Work-Life, Retirement Plan, Enrolling https://benefits.uasys.edu/	