



# ATTENTION UC Employees

## Injured at work?

### You may be eligible for the UC WorkStrong program





The UC WorkStrong program is a University of California systemwide program designed to help you improve your overall health and fitness level, improve your recovery, and prevent future workplace injuries.



### Participating UC campuses and medical centers offer the core services of WorkStrong:

-  A 6-month gym membership on campus
-  Private sessions with a Personal Trainer
-  Private sessions with a Registered Dietitian Nutritionist
-  Additional services may be offered at your UC location

### We work directly with your worker's compensation medical provider to design a safe and effective program just for you.

-  There is **no cost** to you to participate
-  In person and virtual sessions from home available
-  Flexible scheduling to fit your busy life
-  Participate outside of work hours

The UC WorkStrong Program at:  
**UC Davis**  
(916) 734-6128

*Talk to your worker's compensation medical provider today to see if you are eligible for the program.*