HEALTHPOINT WELLNESS
STRESS BUSTER APPLICATION

Application due to HealthPoint by May 13, 2016

PURPOSE OF HEALTHPOINT WELLNESS STRESS BUSTER GRANTS

The purpose of the HealthPoint Wellness Stress Buster Grant Program is to provide requesting departments with funds not to exceed $1,500 to be used to support the creation of new Stress Buster Stations. A Stress Buster Station is a piece of exercise equipment (e.g., an elliptical, Precor stretch machine, etc.) meant to be used in 5-15 minute increments as a stress buster in order to get your blood flowing, boost energy and reduce your stress. For more information and pictures, please visit http://sites.utexas.edu/wellness/tools-and-resources/pointsofhealth/.

Application Timeline

The application will be open until May 13, 2016. Departments will be notified by May 27, 2016 if their application was awarded.

REQUEST

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<tr>
<th>Date of Request</th>
<th>Click here to enter a date.</th>
<th>Point of Contact</th>
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<tbody>
<tr>
<td>Requesting Department</td>
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<td>Title</td>
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<td>Street Address</td>
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<td>Mail Stop</td>
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<td>Phone</td>
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<td>Estimated Start Date (if applicable)</td>
<td>Department Chair Name</td>
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<tr>
<td>Estimated End Date (if applicable)</td>
<td>Has the department chair approved this request?</td>
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STRESS-BUSTING EQUIPMENT REQUESTED

Click to change text. [Briefly describe the requested stress-busting service/equipment.]

Target population for this proposal and number of people served.

Click to change text. [Briefly describe population and number of people served.]

Location

The equipment must be accessible to building occupants during normal business hours.

Click to change text. [Where will the piece of equipment be located? Does it have ample space and power (if necessary)?]
**Justification**

Click to change text. [Please justify the purpose of this request. Estimate how the request will be used to improve health, how often it will be used, and what benefits will come out of being granted the request.]

**ESTIMATED CHARGES FOR THE REQUEST**

Please provide a detailed budget for the request using the chart below:

<table>
<thead>
<tr>
<th>Requested items</th>
<th>Description of item</th>
<th>Qty.</th>
<th>Estimated Total</th>
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<tr>
<td>1 &lt;Item 1&gt;</td>
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<td>2 &lt;Item 2&gt;</td>
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<td>3 &lt;Item 3&gt;</td>
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<td>4 &lt;Item 4&gt;</td>
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<td><strong>Total:</strong> $&lt;not to exceed $1500&gt;</td>
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This is a one-time grant. Departments must maintain the equipment and cover any costs to do so. Do you agree to maintain the equipment and cover any future costs associated with this equipment?

Click to change text. [Describe any recurring or ongoing costs that may incur if granted the request.]

The Points of Health: Stress Buster Station information (see below) must be displayed by the machine. Do you agree to follow and display this information?

Click to change text.

**Requirements:**

Participation in wellness programs must be voluntary for faculty and staff and have no bearing on performance evaluation or benefits. The wellness initiative cannot be advertised by leadership in a way that makes employees feel like their performance is evaluated on participating in wellness activities. The University’s purchasing, procurement, and payment procedures must be followed.

Submitted by:
Required information to be displayed with the equipment:

Points of Health: Stress Buster Station

Welcome to the Points of Health Stress Buster Station. This elliptical is meant to be used in 5-15 minute increments to reduce stress and boost your energy. If you are looking for a longer work out, please consider taking a walk during your lunch break or joining RecSports.

Use the elliptical at your own risk. The HealthPoint Wellness Program recommends consulting your healthcare provider before starting any new exercise. If you have physical limitations or concerns, please consult your healthcare provider before using the machine. If you are uncertain if the elliptical would be an appropriate exercise for you, do not use the machine.

Please wear appropriate attire while using the elliptical. We recommend flat, non-skid, close-toed shoes (i.e., tennis shoes) and clothing that will not interfere with using the machine or get caught on the elliptical.

Funding for Points of Health was provided by the HealthPoint Wellness Program, UT System Living Well, and the Community Transformation Grant through the City of Austin.

Enjoy the Points of Health Stress Buster Station! If you have questions or concerns, please email HealthPoint.Wellness@austin.utexas.edu.