

UCF Wellness Resources

The University of Central Florida provides several resources to its faculty and staff to promote health and wellness. UCF encourages each employee to maintain a healthy work/life balance and offers numerous resources to assist in the overall health and well-being of each individual.

[UCF Faculty and Staff Wellness Research Center*](#)

- Workout Center
 - Individualized Fitness Instruction
 - Strength, Flexibility and Aerobic Conditioning Equipment
- Fitness Assessments
 - Blood Pressure Screening
 - Physical Performance Tests
 - Body Skinfold and Circumference Measurements
- Fitness Classes
- Recipes
- For hours of operation and available classes, please call 407.823.3509.

**Facility available free of charge for full-time faculty and staff (not available to OPS). Please show UCF ID when using this facility.*

[UCF Health Center](#)

- In-network physicians available to faculty and staff enrolled in the State PPO, administered through Blue Cross/Blue Shield of Florida. Employees under the State PPO have access to all primary care services and only pay what is required by the plan.
 - For appointments, please contact the UCF Health Center at 407.823.2701.
- Dietician (\$100 first session / \$80 follow-up):
 - Services provided by a registered and licensed dietician
 - Services can help with diabetes management, wellness concerns, weight management, cholesterol management and more.
 - Open to faculty, staff, friends and family (group discounts available)
 - For appointments, please contact UCF Health Center at 407.823.2701.

[UCF Pharmacy](#)

- Pharmacy services are available to faculty and staff (and dependents) enrolled in the State PPO, HMO or outside plan. For prescription availability and co-payments, please contact the UCF Pharmacy at 407.823.6337. The pharmacy also carries over-the-counter medications, snacks, convenience items and beauty aids.

[UCF Wellness Center](#)

- Massage (\$50 per hour):
 - Services provided by a licensed massage therapist
 - Variety of massages available including Deep Tissue, Swedish, Sports and Electro Therapeutic
- Biofeedback (\$100 per session):
 - Helps to achieve increased bodily awareness and relaxation, improved stress management and relaxation, in addition to assistance for migraines/tension headaches, anxiety disorders and many others.
- For more information on these and other services, fees and hours of operation, please contact 407.823.5841.