

Who are *YOU* thankful for?



SAYING THANK YOU is morale-boosting!

One of the best ways to put a smile on someone's face is to share with them how important they are to you. Expressions of appreciation and gratitude make people feel valued, confident and validated.

SAYING THANK YOU is motivating!

Studies show that employees who are recognized for doing great work or helping others, perform better, are more dedicated and are happier at work. Saying "thank you" makes *you* feel great too!

SAYING THANK YOU is easy!

At UH, we make it easy for you to thank a colleague any time and for any reason. As a matter of fact, you can do it in 3 easy steps.

1. Go to www.uhnj.org/uhnetweb and click on the "Heart of UH" link.
or go to <https://heartofuh.workstride.com/login>
2. Select "Sign Up" and follow instructions.
3. Select "Recognize". Write your thank you note and get ready to make someone's day!



Heart of UH
Peer-to-Peer, On-Line Recognition
Made Easy!



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Newark, New Jersey