



Staff Senate Meeting Agenda
Kaleidoscope Room, Newcomb Hall

March 17, 2016
11:00 AM – 1 PM

- | | | |
|-------|------------------------------------|--|
| 11:00 | Welcome & Announcements | Amy Muldoon, Co-Chair
Maggie Stein, Co-Chair |
| 11:05 | Hoo's Well | Erin Erickson
Wellness Program Coordinator, UHR |
| 11:45 | Updates | Monica Petrich (UHR)
Co-Chairs |
| 12:00 | Committee Working Time | |

Next Meeting:

April 14, 2016 at 11 AM in the Kaleidoscope Room, Newcomb Hall



ANNOUNCEMENTS

- Staff Senate Meeting Times:
 - Not on the third Thursday: April 14 and May 26
 - June 16 and July 21
- Parental Leave Research – Contact Mike Ludwick (mpl7d@Virginia.edu) if interested.
- Support Ronald McDonald House by collecting aluminum soda can tabs. If interested in participating, contact Molly Shifflett: mjs9de@Virginia.edu
- Staff Appreciation Pancake Breakfast Photos: <https://flic.kr/s/aHskwwxjrB>

Challenge yourself.



www.hooswell.com

ANNOUNCING THE ANNUAL
Wahoo Fitness Challenge
FOR EMPLOYEES AND SPOUSES.

Earn \$100

- Active employees currently earning a paycheck AND their spouses enrolled in the UVa Health Plan are eligible to participate.
- From January 19 through April 30, each participant must track a total of 52 workouts. One workout is equivalent to at least 30 minutes of activity or 5,000 steps in one day. Use your Fitbit to help you track!
- Rewards will be included the subscriber's July 2016 paycheck (or Health Savings Account). Rewards are considered taxable income.

www.myactivehealth.com/hooswell



www.hooswell.com



If you have a medical condition that makes you unable to complete the Wahoo Fitness Challenge call us at **434.982.0123** to discuss a ***Reasonable Alternative.***



www.hooswell.com

Exercise and Fitness

- > IM-Rec Sports offers:
 - > Free week at the gym
 - > Host Pop-up Fitness at your dept.
 - > Free classes
 - > Yoga, Dance, Pilates
 - > Couch to 5k Training
 - > Swimming & Tennis
 - > Steps@ and “Well at Work”
 - > Self Defense Classes in April/May



Are you ready to Play on Grounds? **Hoo'sWell**

FREE ONE-WEEK MEMBERSHIP

Trial membership includes access to facilities and group exercise classes.

Facilities Include:

- Aquatic & Fitness Center
- North Grounds Recreation Center
- Slaughter Recreation Center
- Outdoor Recreation Center
- Memorial Gymnasium

We Offer:

- Group Exercise Classes
- Tennis & Swim Instruction
- Personal Training
- Outdoor Recreation
- And more!

Offer limited to one per person and to eligible members.

INTRAMURAL-RECREATIONAL SPORTS
To activate call (434) 924 - 3791 • recsports.virginia.edu

- > Visit <http://recsports.virginia.edu/> or check out our Hoo's Well Activity Calendar at www.hooswell.com



www.hooswell.com

Exercise and Nutrition

UVA WorkMed



> STEPS @ UVA

- > Offered each semester - Registration is 3/15/2016
- > 2x/wk 15-min fit breaks
- > Just need walking shoes
- > Call 434.243.8232 or www.uvaworkmed.com

> Well @ Work

- > 6 week online program for improving eating & exercise habits (3/28 - 5/6)
- > Email communication & video between individual participants and instructor
- > Support, motivation & encouragement!

Hoo's Well Care Management

Get FREE support and information for over 40 health conditions from trained nurse coaches.



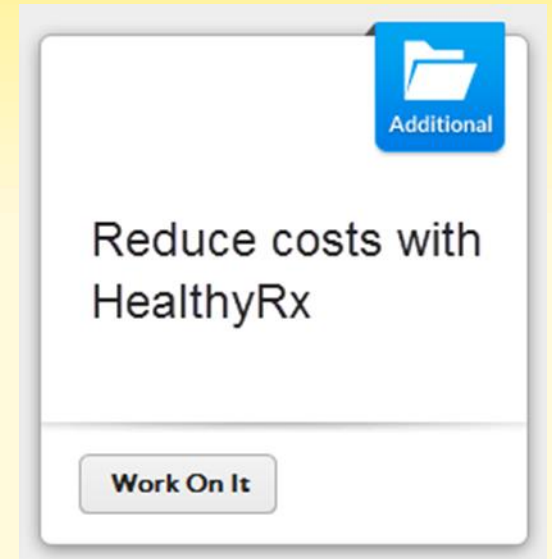
Call today
1-855-231-3715



www.hooswell.com

HealthyRx

- > Offers FREE or reduced cost medications for nine health conditions
 - > Asthma
 - > Chronic Obstructive Pulmonary Disease (COPD)
 - > Diabetes
 - > High Blood Pressure
 - > High Cholesterol
 - > Coronary Artery Disease
 - > Stroke
 - > Peripheral Artery Disease
 - > Heart Failure
- > To qualify, members must be enrolled in Active Health Care Management
- > Call 1.855.231.3715



Hoo's Well Lifestyle Coaching

Members are engaged in FREE tailored telephonic coaching. Access to interactive online digital coaching tools also available.



- Exercise
- Stress Management
- Nutrition
- Weight Management
- Tobacco Cessation
- Sleep Health

Call today
1-855-231-3715



www.hooswell.com

Informed Health Line 24/7

Health questions don't always come up during office hours

Informed Health[®] Line

Call 1.800.556.1555

Get answers from a registered nurse, day or night

Whether it's the middle of the night, you're away from home, or you're just not sure if you need to call your doctor, **Informed Health Line** is here for you.

With one simple call, you can:

- Learn more about health conditions that you or your family members have
- Find out more about a medical test or procedure
- Get help preparing for a doctor's visit

Go online for even more health information

If you like to go online for health information, check out your secure member website. Log in to Aetna Navigator[®] and select **Health Programs** and **24-Hour Nurse Line**.

Or, click on **Health Programs** and **Get Health Information**.

Here's what you can do:

- Use our symptom checker
- Learn about an upcoming medical test
- Research a new medication you're taking and more



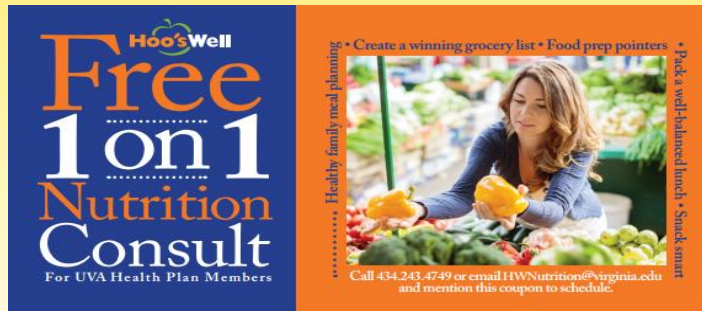
www.hooswell.com

Tobacco Cessation

- > Quit for Life
 - > Telephonic coaching calls
 - > Ongoing support
 - > Free medication
 - > Call 1-866-QUIT-4-LIFE (1-866-784-8454) or visit www.quitnow.net/uva
- > Hoo's Kickin' It
 - > Offered by School of Nursing
 - > In-person classes
 - > Free, confidential group support
 - > Free medication & nicotine replacement therapy as needed
 - > Call 434.243.1021 or email hooswell@virginia.edu



UVA Nutrition



- > First 1-on-1 consultation is FREE!
- > Offers Emotional Brain Training (EBT)
 - > 6 week course
 - > Available to all employees and spouses on the UVA Health Plan
 - > ONLY pay \$44 for the workbook!
- > Call 434.243.4749 or email hwnutrition@virginia.edu

Acquire the skills to manage stress and implement your healthy intentions.

Learn the EBT® check in and use the 5-point system in this 6 week course.

Practice an emotion balancing technique that you can use daily.

Rewire your emotional brain for health and happiness.





Weight Watchers Meetings*	OnlinePlus**
Enjoy convenient meetings in your workplace and unlimited meetings in your local community	Easily follow the plan step-by-step entirely online with digital and mobile tools,† including:
<ul style="list-style-type: none">• Our BEST value• Get FREE access to OnlinePlus, our full suite of digital tools to help you stay on track between meetings	<ul style="list-style-type: none">• Weight tracker, progress charts, restaurant guides and much more• Available for men and women with tailored content that speaks directly to each audience
Special Monthly Pricing \$31.95	Special Monthly Pricing \$14.36
50% reward price \$15.97	50% reward price \$7.18

- > Local meetings and at work meetings, or online subscriptions
- > UVA discounted price + 50% reimbursement reward
- > Employer ID: 60757
- > Employer Passcode: WW60757
- > Call 1-866-204-2885 or visit <http://wellness.weightwatchers.com>



Join us for Hoo's Fit Fridays

Wear your sneakers to work!



www.hooswell.com

Contact Us

- > **Mailing Address**
 - > 914 Emmet Street PO Box
400127 Charlottesville, VA
22904
- > **Email**
 - > hooswell@virginia.edu
- > **Website**
 - > www.hooswell.com



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CO-CHAIRS UPDATES

- Met with Alison Miller regarding Total Rewards
- Training for Executive Committee members will be two parts – retreat in August; training in September
- Bylaws, Scope and Mission
 - Minor Bylaw changes (needs Staff Senate vote)
 - Update to Scope and Mission Statement (send out for SS review)
- “Super” Alternate Option – Pilot in 2016-17
 - If you are interested in this option, email Amy Muldoon at ajm6u@Virginia.edu
- New Coordinator Positions/Restructuring – Pilot in 2016-17



COORDINATOR POSITIONS

What?

- Coordinators will be assigned particular tasks to be completed throughout the year.

Why?

- See a need to assign particular responsibilities to individuals rather than committees

When?

- Would begin in August 2016. It will be a year trial to see how it works.

How will people be selected?

- If interested, submit your name. The Executive Committee will make the final decisions.



COORDINATOR POSITIONS

- **Communication Coordinator Positions**

- Coordinate with other committees but report to Communication Committee Co-Chairs who coordinate/oversee the work of individual coordinator positions.
- Coordinator Positions
 - Internal Communications Coordinator(s)
 - Manage list-servs, Collab, UHR all staff lists
 - Newsletter/Social Media Coordinators
 - Manage the Facebook site, design newsletter, collect and edit newsletter content
 - Website Coordinator(s)
 - Maintain and update Staff Senate website



COORDINATOR POSITIONS

- **Election Coordinators**

- Report to Staff Senate Co-Chairs
- Coordinate with Membership Committee & SS Co-Chairs
- Oversee and manage senator/alternate elections and officer elections

- **Membership Coordinator Position**

- Report to Membership Committee Co-Chairs but do not need to attend committee meetings.
- Coordinate with Election Coordinator, Internal Communications Coordinator & Website coordinator
- Manage meeting attendance, membership list, elections (which units need to hold elections and ensure that no more than 1/3 membership rolls off each year)



COMMITTEE WORKING TIME

- Annual Report – present at June 16 meeting
- Discuss potential candidates for committee co-chairs for 2016-17