

Challenge yourself.



[www.hooswell.com](http://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](http://www.myactivehealth.com/hooswell)



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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.***



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# 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:	We Offer:
<ul style="list-style-type: none"><li>• Aquatic &amp; Fitness Center</li><li>• North Grounds Recreation Center</li><li>• Slaughter Recreation Center</li><li>• Outdoor Recreation Center</li><li>• Memorial Gymnasium</li></ul>	<ul style="list-style-type: none"><li>• Group Exercise Classes</li><li>• Tennis &amp; Swim Instruction</li><li>• Personal Training</li><li>• Outdoor Recreation</li><li>• And more!</li></ul>

*Offer limited to one per person and to eligible members.*

**INTRAMURAL-RECREATIONAL SPORTS**  
To activate call (434) 924 - 3791 • [recsports.virginia.edu](http://recsports.virginia.edu)

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



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# 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](http://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.



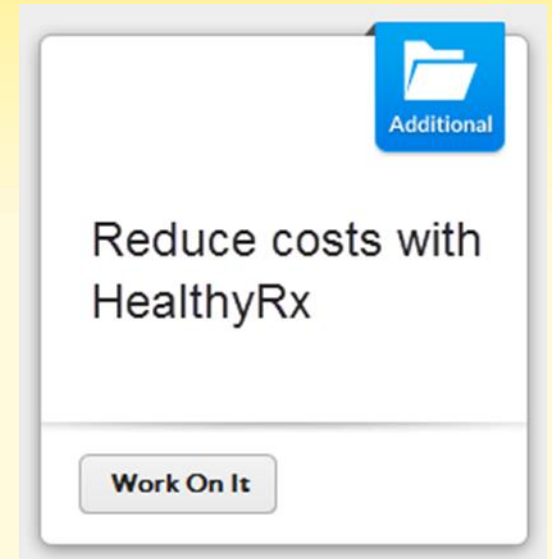
Call today  
**1-855-231-3715**



[www.hooswell.com](http://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.



Call today  
**1-855-231-3715**

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



[www.hooswell.com](http://www.hooswell.com)



# Informed Health Line 24/7

Health questions don't always come up during office hours

## Informed Health<sup>®</sup> 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<sup>®</sup> 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



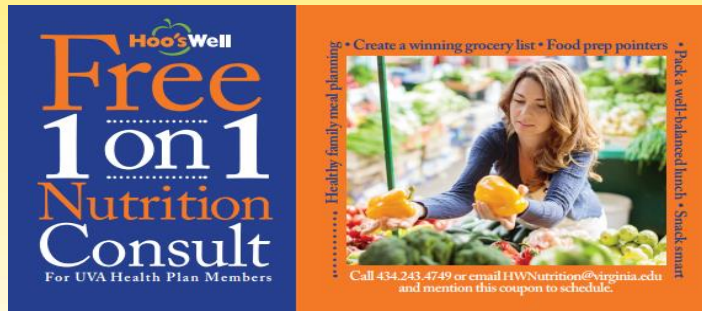
[www.hooswell.com](http://www.hooswell.com)

# 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](http://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](mailto: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](mailto: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"><li>• Our <b>BEST value</b></li><li>• Get <b>FREE access to OnlinePlus</b>, our full suite of digital tools to help you stay on track between meetings</li></ul>	<ul style="list-style-type: none"><li>• Weight tracker, progress charts, restaurant guides <b>and much more</b></li><li>• Available for men and women with tailored content that speaks directly to each audience</li></ul>
<b>Special Monthly Pricing</b> \$31.95	<b>Special Monthly Pricing</b> \$14.36
<b>50% reward price</b> \$15.97	<b>50% reward price</b> \$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](http://www.hooswell.com)

# Contact Us

- > **Mailing Address**
  - > 914 Emmet Street PO Box  
400127 Charlottesville, VA  
22904
- > **Email**
  - > [hooswell@virginia.edu](mailto:hooswell@virginia.edu)
- > **Website**
  - > [www.hooswell.com](http://www.hooswell.com)



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