<table>
<thead>
<tr>
<th>Time</th>
<th>Agenda Item</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>11:00</td>
<td>Welcome &amp; Announcements</td>
<td>Amy Muldoon, Co-Chair</td>
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<td></td>
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<td>Maggie Stein, Co-Chair</td>
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<td>11:05</td>
<td>Hoo’s Well</td>
<td>Erin Erickson</td>
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<td>Wellness Program Coordinator, UHR</td>
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<tr>
<td>11:45</td>
<td>Updates</td>
<td>Monica Petrich (UHR)</td>
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<td>Co-Chairs</td>
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<td>12:00</td>
<td>Committee Working Time</td>
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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.
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
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.
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

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

www.hooswell.com
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

www.hooswell.com
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
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
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

www.hooswell.com
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
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

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### Weight Watchers Meetings*

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<tr>
<td>Enjoy convenient meetings in your workplace and unlimited meetings in your local community</td>
<td>OnlinePlus**</td>
<td>Easily follow the plan step-by-step entirely online with digital and mobile tools, including:</td>
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<td>Our BEST value</td>
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<td>Weight tracker, progress charts, restaurant guides and much more</td>
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<td>Get FREE access to OnlinePlus, our full suite of digital tools to help you stay on track between meetings</td>
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<td>Available for men and women with tailored content that speaks directly to each audience</td>
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<tr>
<td><strong>Special Monthly Pricing</strong></td>
<td>$31.95</td>
<td><strong>Special Monthly Pricing</strong></td>
</tr>
<tr>
<td><strong>50% reward price</strong></td>
<td>$15.97</td>
<td><strong>50% reward price</strong></td>
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[Weight Watchers](http://wellness.weightwatchers.com)
Join us for Hoo’s Fit Fridays
Wear your sneakers to work!
Contact Us

> Mailing Address
> 914 Emmet Street PO Box
> 400127 Charlottesville, VA
> 22904

> Email
> hooswell@virginia.edu

> Website
> www.hooswell.com
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