**RECENT INJURY?**

In pain and not sure if you need to go to the doctor’s office?

Do you need a second opinion to decide whether you should go to the emergency room or wait until your provider’s office opens?

Call the 24-hour Aetna Informed Health Line to speak with a registered nurse at 800.556.1555

If you have been injured on the job, contact a UVa Workers’ Compensation Specialist:

- Academic Division employees: 434.924.8939 or lgc3u@virginia.edu
- Medical Center employees: 434.982.0997 or sjj4c@virginia.edu

**PERSISTENT BACK PAIN?**

Speak with a Registered Nurse today and manage your condition. This one-on-one support is tailored to answer your questions and meet your needs.

Examples of conditions include Chronic Neck/Back Pain, Obesity/Weight Management, Osteoarthritis, Rheumatoid Arthritis, and Osteoporosis.

Call Hoo’s Well Care Management at 855.231.3715

**PREVENTION RESOURCES**

Hoo’s Well offers physical activity classes for all fitness levels to prevent injury.

Free classes include: 15 minute fit breaks, fitness at your workplace, and small group training.

Visit www.hooswell.com and click on “current class schedule.”
DAILY WARM-UP

NECK
Lower right ear towards right shoulder. To deepen, gently grasp side of head and apply mild pressure. Switch sides.

BACK
Extend both arms overhead and 'hinge' forward from hips, keeping back straight. Hold on to back of chair (no wheels) for spinal support.

HIPS
Step into a wide lunge position. Shift weight to front leg bending through knee and tilt pelvis forward to feel stretch in front of hip/hip flexors. Use chair (no wheels) to assist with balance. Switch legs.

CHEST
Stand tall and relax shoulders down and away from the ears. Lift arms behind you as you squeeze shoulder blades together. Hold and breathe deeply.

CALVES
Face wall or chair (no wheels), standing 12 inches away. Extend one foot behind. Lean towards wall, shifting hips towards front ankle, feeling stretch in back lower leg. Switch sides.

HAMSTRINGS
Stand tall, placing one heel forward with toe lifted towards the sky. Put weight in back leg shifting hips back and feeling stretch in front leg/back of thigh. Switch sides.

Set aside 10 minutes. A daily warm-up can help prevent injury. Find a safe place to stretch. Have a wall or chair handy for balance. Begin with a 3-5 minute brisk walk or march in place. Now you are ready to stretch. Hold each stretch for 30-60 seconds.

SET AN ALARM EVERY DAY. MAKE IT A ROUTINE FOR GOOD HEALTH! www.hooswell.com
If you feel pain, discontinue the stretch immediately. If the pain continues, call the Aetna Informed Health Line at 800.556.1555 or your physician.