Beginning Right® Maternity Program
Receive educational materials about your prenatal and newborn care. Enroll by your sixteenth week of pregnancy and receive $100 in the subscriber’s paycheck (taxable income). http://womenshealth.aetna.com or 800.272.3531

Exercise and Fitness
Try a free week at the gym, host Pop-up Fitness in your office, try a free class, and more. Offered by IM-Rec Sports. 434.924.3791 or http://recsports.virginia.edu/

Exercise and Nutrition
Join UVA-WorkMed and get active during the day with 15-minute fit breaks, nutrition classes on Grounds, and virtual options. 434.243.0075 or www.uvaworkmed.com

Faculty and Employee Assistance Program (FEAP)
Free and confidential counseling resources for help addressing personal issues and work life balance. www.uvafeap.com or 434.243.2643

HealthyRx
Hoo’s Well Care Management participants may receive free or reduced cost medication for nine specified conditions. 855.231.3715

Hoo’sWell Care Management
Get support, information, and advice for over 40 health conditions from trained nurse coaches. Be sure to ask about HealthyRx! www.myactivehealth.com/hooswell or 855.231.3715

Hoo’sWell Lifestyle Coaching
Set and achieve personal health goals with a telephonic coach. www.myactivehealth.com/hooswell or 855.231.3715

Informed Health Line – available 24/7
Not sure if you need a trip to the doctor’s office? Call our registered nurses for immediate help. 800.556.1555

The Center for Leadership Excellence
Personal enrichment courses and programs to enhance your career development. www.virginia.edu/leadershipexcellence or 434.982.0123

Tobacco Cessation
Quit for Life offers coaching calls, ongoing support, and free medication. 40% success rate! www.quitnow.net/uva or 866.784.8454

UVa Nutrition
Your first one-on-one nutrition consult is free. Enhance your work performance through better nutrition. hwnutrition@virginia.edu or 434.243.4749

Weight Watchers®
Local meetings, At Work meetings, or online subscriptions. UVa discounted price and 50% reward. Register at http://wellness.weightwatchers.com or call 866.204.2885. Use Employer ID: 60757 and Employer Passcode: WW60757