

**LET'S GET**

# MOVING

✓ **Step 1** Complete a Biometric Screening/Physician Screening Form

✓ **Step 2** Complete the Online Health Assessment

✓ **Step 3** Complete the Fall Fitness Challenge

**by Oct. 27, 2017, to earn rewards**

### **Beginning Right® Maternity Management**

Prenatal and newborn educational materials available. Enroll by your 16th week of pregnancy and receive \$100 in the subscriber's paycheck (taxable income). Call **800.272.3531** or visit **womenshealth.aetna.com**.

### **BeWell**

A 12-month wellness program that uses physician recommendations and a personal Advocate to achieve health benefits and receive rewards. For more information, contact **bewell@virginia.edu**, **434.243.6388**, or visit **www.medicalcenter.virginia.edu/bewell**.

### **Exercise and Fitness Classes**

Try a free week at the gym, host a fitness class in your office, or try a free drop-in class. Offered by IM-Rec Sports. Call **434.924.3791** or visit **recsports.virginia.edu**.

### **Faculty and Employee Assistance Program (FEAP)**

Free and confidential counseling for personal issues and work-life balance. Call **434.243.2643** or visit **www.uvafeap.com**.

# *Your Go-To Guide*

### **Financial Wellness**

Use free financial resources and workshops to manage your money. Visit **www.hooswell.com**.

### **HealthyRx**

Hoo's Well Care Management participants may receive free or reduced-cost medication for nine specified conditions. Call **855.231.3715**.

### **Hoo's Well Care Management**

Get support, information, and advice for over 40 health conditions from trained nurse coaches. Ask about HealthyRx. Call **855.231.3715** or visit **www.myactivehealth.com/hooswell**.

### **Hoo's Well Lifestyle Coaching**

Set and achieve personal health goals with a free telephonic coach. Call **855.231.3715** or visit **www.myactivehealth.com/hooswell**.

### **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**.

### **Social Wellness**

Create and maintain meaningful relationships and volunteer opportunities at work. Visit **www.hooswell.com** for event schedule.

### **Tobacco Cessation**

Quit for Life offers coaching calls, ongoing support, and free medication. Call **866.784.8454** or visit **www.quitnow.net/uva**.

### **UVA Nutrition**

Feel better and fuel your body. Your first one-on-one nutrition consult with a registered dietitian is free! Call **434.243.4749** or visit **hwnutrition@virginia.edu**.

### **Weight Watchers®**

Local or at-work meetings as well as online subscriptions available at discounted price and 50% reimbursement reward. Register at **wellness.weightwatchers.com** or call **866.204.2885**. Use Employer ID: **60757** and Employer Passcode: **WW60757**.

### **Wellness at Work**

UVA-WorkMed hosts 15-minute fit breaks, nutrition classes on Grounds, and virtual exercise and coaching options. Call **434.243.0075** or visit **www.uvaworkmed.com**.