

Your go-to guide



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). **800.272.3531** or <http://womenshealth.aetna.com>

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. **434.924.3791** or <http://recsports.virginia.edu/>

Wellness at Work

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

Faculty and Employee Assistance Program (FEAP)

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

Financial Wellness

Utilize free financial resources, programs, and workshops. www.hooswell.com

Hoo's Well Care Management

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

HealthyRx

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

Hoo's Well Lifestyle Coaching

Set and achieve personal health goals with a free telephonic coach. **855.231.3715** or 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 Wellbeing

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

Tobacco Cessation

Quit for Life offers coaching calls, ongoing support, and free medication. 40% success rate! **866.784.8454** or 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! **434.243.4749** or 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 <http://wellness.weightwatchers.com> or call **866.204.2885**. Use Employer ID: **60757** and Employer Passcode: **WW60757**