

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.