This Year, Make A Positive Difference In Your Health. We’re Here To Help.

MARK YOUR CALENDAR

August 1 – October 31 ....................... Active’s Online Health Assessment
August 1 – October 31 ....................... Active Fall Fitness Challenge
October 5 – October 31 ..................... UVA Health Plan Open Enrollment
October 14 ................................. Academic Division Benefits & Wellness Fair
October 15 ...................................... Medical Center Benefits & Wellness Fair
October 31 ................................. Online Health Assessment Deadline
October 31 ................................. Fall Fitness Challenge Deadline

Visit www.hooswell.com and select “current schedule” for Hoo’s Well Happenings.
University employees Michele Irvine and Danelia Robinson quit smoking together with Hoo’s Well Tobacco Cessation

WELCOME TO HOO’S WELL

The University of Virginia cares about your good health. When you’re healthy, you have the energy and focus to do your best work and live your best life. Hoo’s Well is here to help you.

Tracking your numbers is one way to check in with your health, but staying active gets you the results you want. Starting in 2015, Hoo’s Well will move to biometric screenings every other year. We will not provide biometric screenings or collect physician screening forms in 2015.

Starting August 1st, we encourage you to earn $480 in 2016 by completing an Active online health assessment and participating in our Fall Fitness Challenge. You will complete both activities in our new ActiveHealth portal.

ActiveHealth is owned by Aetna and works with Hoo’s Well to help you achieve and maintain your best health. Active provides convenient, telephonic, and virtual options to accommodate your schedule. You can visit the new portal at www.myactivehealth.com/hooswell.

The Six Dimensions of Wellness

Wellness is much more than exercise and nutrition. An important part of making a lifestyle change is setting goals. To improve your overall wellness, choose an icon on the wheel and find a Hoo’s Well program that will support you on your journey to better health.
GET REWARDED

As an employee, you can earn rewards by taking these two steps to improve your health:

**Step one**
Complete our Fall Fitness Challenge (Earn $20 a month in 2016)

**Step two**
Complete an Active online health assessment (Earn $20 a month in 2016)

If you complete both items, you will earn $40 a month for a total of $480 in 2016. All rewards earned by those enrolled in Choice Health or Value Health plans are considered taxable income and are deposited into the subscriber's paycheck. When rewards are earned by those enrolled in Basic Health, they are non-taxable and are deposited into the subscriber's Health Savings Account.

**IMPORTANT:** Deadline to complete both items is Oct. 31, 2015.

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**Complete TWO Hoo's Well Steps for $480 in 2016**

**Step one for $20 a month**
Complete the Fall Fitness Challenge*

To start the challenge, visit www.myactivehealth.com/hooswell.

If you have never been to the site, you will need to “Create an Account”. On the left, select “Earn Your Rewards”. Use this challenge to track 52 workouts between Aug. 1 and Oct. 31, 2015. You must sign up by Sept. 1, 2015.

Each workout must be at least 30 minutes. Any workout counts: walk/run, weight lifting, swimming, yoga, gardening, etc. You can only count one workout per calendar day.

**New** If you have a compatible fitness tracking device and exceed 5,000 steps in one day, you can upload and receive credit for a workout. (Fitbits, Jawbones, etc.)

Questions? Contact ActiveHealth at 855.231.3715.

**Step two for $20 a month**
Complete the Active online annual health assessment

To complete the health assessment, visit www.myactivehealth.com/hooswell.

If you have never been to the site, you will need to “Create an Account”. On the left select “Earn Your Rewards”.

Questions? Contact ActiveHealth at 855.231.3715.

**New** Not into computers? Call 855.231.3715 and take your assessment over the phone.

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* If you have a medical condition that makes you unable to complete the Fall Fitness Challenge or your physician has indicated that it is medically unadvisable for you to attempt this challenge, either you or your physician may contact us by Sept. 1, 2015 at 434.924.3068 or hooswell@virginia.edu to discuss a reasonable alternative.

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Hoo’s Losin’ It participant, Evelyn Grant, climbs to new heights.
Health System Associate Professor
Dr. Manoj Patel achieved his goals with the Hoo's Well 8k training program

**TAKE ACTION FOR GOOD HEALTH**

**Beginning Right Maternity Program**
Receive educational materials about your prenatal and newborn care. Enroll by your 16th week of pregnancy and receive $100 in the subscriber’s paycheck (taxable income). Your newborn copay or deductible may be waived depending on your health plan enrollment. Visit [http://womenshealth.aetna.com](http://womenshealth.aetna.com) or call 800.272.3531 to enroll.

**Faculty and Employee Assistance Program (FEAP)**
FEAP provides free and confidential counseling resources for help addressing personal issues and work life balance for you and your family. Visit [www.uvafeap.com](http://www.uvafeap.com) or call 434.243.2643 to schedule an appointment.

**Hoo’s Fit Fridays**
Wear your tennis shoes at work and add extra steps to your day. Post pictures on our Facebook page to show your participation and you might win FREE Hoo’s Well gear!

**Hoo’s Well Care Management**
Get support, information, and advice for over 40 health conditions from trained nurse coaches. Call 855.231.3715 at any time to get started.

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

**Hoo’s Well Lifestyle Coaching**
Set and achieve personal health goals with a telephonic coach. Call 855.231.3715 to get started.

**Hoo’s Well Digital Online Coaching**
Designed to inspire, motivate, and introduce healthy lifestyle changes to your routine. Visit [www.myactivehealth.com/hooswell](http://www.myactivehealth.com/hooswell) to learn more.
TAKE ACTION FOR GOOD HEALTH

Informed Health Line
Not sure if you need a trip to the doctor’s office? Speak to one of our registered nurses for immediate help or call if you have questions about a health concern. Call 800.556.1555 – available 24/7.

Intramural-Recreational Sports (IM-Rec Sports)
IM-Rec Sports is committed to supporting the health of our employees by providing fitness opportunities. Have you tried your FREE week membership? (All facilities and group fitness classes are included.) Visit http://recsports.virginia.edu or call 434.924.3791.

The Center for Leadership Excellence
Personal enrichment courses and programs to enhance your career development. The Center offers workshops that develop personal and social networks and teach career development and revitalization strategies. http://www.virginia.edu/leadershipexcellence or call 434.982.0123.

Tobacco Cessation
Quit For Life offers coaching calls, ongoing support, and FREE medication! Use free resources and become a successful quitter. To enroll, call 866.784.8454 or visit www.quitnow.net/uva.

UVa Nutrition Counseling Center
Schedule your FREE one-on-one consultation today. Specialized nutrition therapy is also available for obesity, PCOS, diabetes, hypertension, and metabolic syndrome. Call 434.243.4749 or email hwnutrition@virginia.edu for an appointment.

UVa-WorkMed
UVa-WorkMed provides a variety of wellness activities on Grounds. Sign up for our #1 program, Steps@UVa, and enjoy twice weekly guided fitness breaks. Call 434.243.0075 or visit www.uvaworkmed.com for current programs.

Weight Watchers®
Did you know that UVa employees, their spouses, and adult dependents can receive a discount for Weight Watchers? Attend local meetings, At Work meetings, or subscribe online. Visit www.hooswell.com and select the Weight Watchers tab for more information.

* Not on Grounds? Excluding IM-Rec Sports, all Hoo’s Well offerings have online or telephonic options. Call 434.982.0123 for off Grounds questions and resources.
Family support is one of the keys to ensuring health success. Be sure to include your family in your plan for good health. All of the following programs are available to family members on the UVa Health Plan:

- Beginning Right Maternity Program
- FEAP
- Hoo’s Well Care Management
- Hoo’s Well Lifestyle Coaching
- Hoo’s Well Digital Online Coaching
- Informed Health Line
- IM-Rec Sports
- Hoo’s Well Tobacco Cessation
- UVa Nutrition
- Weight Watchers

Share this brochure with your family for their good health.

**UVA Care Connection**

We encourage you to build a relationship with your current doctor by scheduling annual physicals. If you need a doctor, contact UVA Care Connection at 434.243.3675 to schedule an appointment.
HOOS ELIGIBLE?

All Academic Division and Medical Center employees and their spouses who are enrolled in the UVa Health Plan can participate. Only UVa Health Plan subscribing employees are eligible for the monthly health reward (a subscriber pays health premiums from their paycheck).

Grant-funded postdoctoral fellows, retirees, COBRA enrollees, and their spouses enrolled in the UVa Health Plan are not eligible for monetary rewards.

Email hooswell@virginia.edu for questions about rewards eligibility.

Your Health Information is Private
All information obtained from or provided by you as a result of your participation in the Hoo’s Well program is kept private and secure.

Photography by Tom Cogill and Eduardo Monte-Bradley