

HoosWell



WHAT IS HOOS
WELL?



HOOS WELL
RESOURCES



INCENTIVES FOR
HEALTHY ACTIVITIES



WHAT'S NEW?



What is Hoos Well?

Hoos Well is proud to be the nationally-recognized well-being program for UVA employees, offering a variety of resources to support your physical, emotional and financial well-being.






What is Hoos Well?



HoosWell

*Positioning
Wellness
through
Research &
Innovation*

 UNIVERSITY
of VIRGINIA | Human Resources

***Mission:** To foster a culture of well-being among University of Virginia faculty, staff, and team members by promoting and encouraging healthy lifestyle choices, engendering a happier, healthier, and more positive work environment.*

***Vision:** To be recognized as the national leader of university health and well-being programs, enhancing the quality of life of our university employees.*

Resources



PHYSICAL

- Fitness and Nutrition Classes
- Chronic Care Coaching
- Tobacco cessation
- Maternity support

EMOTIONAL

- Mindfulness resources
- Webinars and workshops (FEAP)
- Education and Training

FINANCIAL

- Webinars and Counseling (TIAA and Fidelity)
- Educational Modules via Virgin Pulse

Incentives



Hoos Well 2020 Earn up to \$500.00

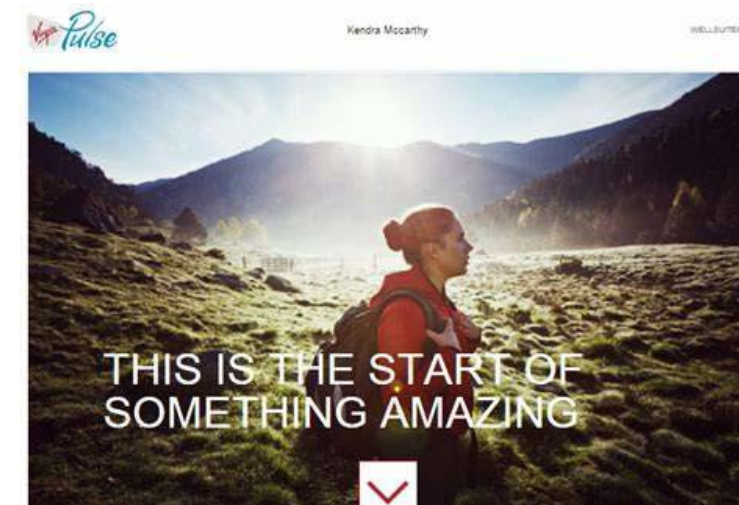
| Where Do You Stand? | | | Physical/ Nutrition | | Financial | Emotional |
|---------------------|-----------------|-------------|---------------------|---|--------------------------------|--------------------------------|
| Health Assessment | Adult Well Exam | Flu Vaccine | Journeys \$50 | Physical Activity Challenges Up to \$50 | Journeys \$50 Webinars \$25 | Journeys \$50 Webinars \$25 |
| \$100 | \$200 | \$25 | | | | |

Important Dates:

Nov. 30th, 2020: Deadline to redeem 2020 rewards

New for 2021

- Virgin Pulse tech platform
- Activities for family and friends
- Donate rewards to charitable causes
- More opportunities to earn rewards



Feb. 1st, 2021 : Portal launch and program year begins

www.hooswell.com