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?

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**

<table>
<thead>
<tr>
<th>Where Do You Stand?</th>
<th>Physical/ Nutrition</th>
<th>Financial</th>
<th>Emotional</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Assessment</td>
<td>Adult Well Exam</td>
<td>Flu Vaccine</td>
<td>Journeys $50</td>
</tr>
<tr>
<td>$100</td>
<td>$200</td>
<td>$25</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Journeys $50</td>
<td>Physical Activity</td>
<td>Journeys $50</td>
</tr>
<tr>
<td></td>
<td>Challenges Up to $50</td>
<td>Webinars $25</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Journeys $50</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Webinars $25</td>
</tr>
</tbody>
</table>

### 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