

January 2023

2023 Well Portal Demo

Welcome, Employees and Spouses!



Portal Support and Program Information

**For Hoos Well portal related questions, contact Virgin Pulse
Member Services via:**

833.724.8638 Mon-Fri 8a-9p ET

Support@virginpulse.com

Portal Live Chat Mon-Fri 2a-9p ET

**For questions related to Hoos Well programming, contact
hooswell@virginia.edu.**



HoosWell

Portal Demo Agenda

(all times Eastern Standard Time [EST])

12:00p: Introduction and Program Overview

12:05p: Upcoming Offerings including the:

“Cultivating Well-being During Challenging Times” Webinar

Spark Appreciation Challenge

February 2023: *Ways to Learn, Earn, and Improve Your Well-being*

12:10p: “How to Earn”

12:15p: Hoos Well Portal managed by Virgin Pulse (Registration/Sign-in)

12:20p: Navigating the Hoos Well Portal (Accessing your Rewards, scheduling Next-Steps Consult and Health Coaching)

12:30p: New Portal Amenities, including goal-setting

12:40p: Accessing your profile, setting your interests, and connecting a device

12:45p: Closing Remarks and Adjournment



What's Returning

Rewards will continue to be deposited in the subscriber's paycheck: Earned rewards deposited directly into the Health Plan subscriber's paycheck on a quarterly basis.

- 1st Quarter ends March 31, 2023
- 2nd Quarter ends June 30, 2023
- 3rd Quarter ends September 30, 2023
- 4th Quarter ends November 30, 2023

Live health coaching with Virgin Pulse: Continue to take advantage of unlimited access to certified Health Coaches through one-on-one conversations to establish personalized well-being goals

Ongoing physical activity challenge: Stay motivated each month and earn rewards with the "20-Day Triple Tracker" Challenge. Report either 7,000 steps, 15 active minutes, or 15 workout minutes for 20 days each month. Sync your device for easy tracking!

Best in class, evidence based emotional well-being offerings: Participate in reward-eligible webinars offered through Hoos Well and FEAP featuring distinguished practitioners and researchers within the mental health, medical, and contemplative science fields, participate in reward-eligible emotional well-being in the eMLife mindfulness platform and Healthy Minds @ Work app.

What's New and Upcoming

Spark Appreciation Challenge (Launching on February 2nd)

Appreciation is the skill of noticing the positive. This creates a burst of good feelings and sets the stage for healthy connections --- at work and beyond. Learn how to see the positive in yourself and others through three weeks of guided lessons and practices. Go to <https://hr.virginia.edu/healthy-minds-work> to register.

Learn to train your mind, change your brain, and thrive with renowned Dr. Richie Davidson (webinar on January 26th)

Tune in and learn why well-being is a trainable and measurable skill, why connection is essential to flourishing, what exercises cultivate well-being and what Healthy Minds @ Work offers you. Register here: <https://uvafeap.com/events/cultivating-well-being-during-challenging-times>

Expanded social well-being domain

Check out how you can strengthen a sense of community by forging connections with colleagues, neighbors, and partnering non-profit organizations in your area. Go to <https://hr.virginia.edu/wellness/social-well-being> to learn more.

Refreshed Hoos Well portal enabling the opportunity to set health and well-being goals and track your progress.

HoosWell February 2023: *Ways to Learn, Earn, and Improve Your Well-being*

Spark Appreciation to Fire Up Your Well-being (Reward-Eligible Webinar)

Thursday, February 2nd at noon ET.

Join Healthy Minds lead trainer and board-certified health coach, Stephanie Wagner, and learn why appreciation is good for mental well-being, how to practice the skill of appreciation both formally and in daily life, engage in two guided meditations to train skills of awareness and appreciation, and gain more information on the Spark Appreciation Challenge.

Reboot Your Well-being (6-week complimentary course)

Tuesday, February 14th through Tuesday, March 21st from 3p to 415p ET

Give the gift of well-being this Valentine's Day and register for this complimentary course to help you achieve your well-being goals in a supporting environment, where you will receive individual coaching and peer support. Participants of previous sessions have reported significant reductions in fatigue, depression, and anxiety.

Dealing with Market Volatility presented by TIAA (Reward-Eligible Webinar)

Wednesday, February 15th at 11a ET and 2p ET

Learn how you can navigate the ups and downs of the market and better understand market volatility, its causes, and strategies to mitigate market swings in a portfolio.



How to Earn

Healthy Activity	
Create an Account (for new participants only, <i>rehires and reclassified employees should contact VP directly</i>)	\$10
Complete the Health Assessment	\$100
Receive and Record Your Well Check (eligible exam dates are 12/1/22 to 11/30/23)	\$100
Complete Hoos Well 1% Challenge (Practice mindfulness 14 minutes/day for 30 days)	\$50
Complete the Spark Appreciation Challenge by Healthy Minds at Work	\$25
Complete a "Journey" (up to 10x)	\$25 each (up to \$250 annually)
Complete the "20-Day Triple Tracker"	\$25 each (up to \$250 annually)
Complete a Next Steps Consult Appointment	\$25
Receive and Record a Flu Vaccine (eligible vaccination dates are 9/1/22 to 8/31/23)	\$25
Record Participation in Eligible Webinars (limit one reward per quarter)	\$25 per quarter
Track "Healthy Habits" 20 Days in a Month	\$5 monthly (up to \$50)

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THANK YOU!
