

# CELEBRATING YOUR PARTICIPATION

~ 2021 ~

**12,000** Hoos Well portal registrations



**11,000**

Health assessment completions



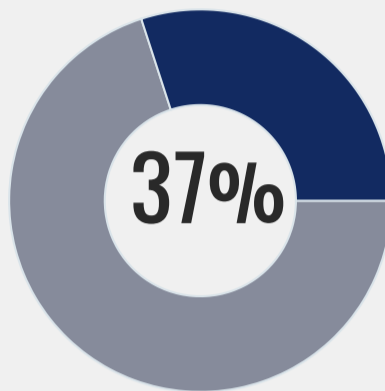
**40,000**

Journey completions



**10 million**

Total steps per day from users who sync devices or upload



## Synched devices

amongst portal registrants

**800** Participants in the Hoos Well Challenge for UVA Children's



Most popular journeys to take in the Hoos Well portal:

**#1**

## PHYSICAL ACTIVITY

Boost your physical activity level in new ways, alone or with others



**#2**

## NUTRITION FOCUSED

Explore the benefits of healthy eating habits & learn tips for success

**975**

## New eM Life Registrations



80%

80% use the platform twice a week or more

**1,865**

## Emotional Well-Being Webinar Participants



94%

94% participant satisfaction rating



**450**

Healthy Minds @Work participants (Sept-Nov)

"I've learned to pause and refocus/think about the situation before responding or reacting. I feel more positive about life overall."

Participants reported:



**+ 15%**

in well-being



**- 16%**

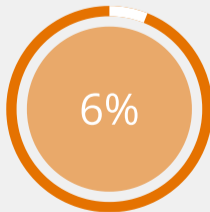
in burnout

**1,719** Financial well-being webinar participants



**153+**

Nutrition consults with a Registered Dietitian



**6%**

Increase in male WW participation



**1,102+**

Total pounds lost through October with WW

UVA is proud to have met American Heart Association criteria for Gold recognition in the AHA's Workplace Health Achievement Index.



UVA received 1st place from the National Consortium for Building Healthy Academic Communities for innovative programming during COVID-19.