



Programs and Services, Spring 2020

The University of Virginia cares about your good health. Our comprehensive, award-winning wellness program encompasses tools to help your physical, emotional and financial wellbeing. For more information, visit www.hooswell.com, call 434.243.3344, or email hooswell@virginia.edu.

Physical Wellness

Intramural-Recreational Sports Classes

Free for employees and spouses enrolled in the UVA Health Plan. For more information, visit recsports.virginia.edu/hoos-well.

Spring 2020 Drop-in Classes

No advance sign-up or notice required. The Spring 2020 session registration begins January 13, 2020.

Class	Day	Time	Location
Cycle, Strength, Core	Mon. & Thurs	6:15-7:15 am	NGRC Cycle
Barre	Mon.	12:00-1:00pm	AFC 2
Zumba	Mon.	5:30-6:30pm	Battle Building
Aqua Jogging	Mon. & Weds.	5:15-6:15pm	NGRC Pool
Caliente	Tues.	12:00- 12:45pm	AFC 4
Yoga for All	Tues.	5:30-6:30pm	NGRC 3
Zumba	Weds.	12:00-12:45pm	AFC 2
Yoga Flow	Weds.	5:30-6:30pm	Battle Building
Yoga Flow	Thurs.	12:00-1:00pm	Jefferson Quarry
Aqua Intervals	Thurs.	5:15-6:15pm	NGRC Pool
Zumba	Thurs.	5:15-6:15pm	2420 Old Ivy Rd
Strength & Core	Fri.	11:00-11:45am	AFC 4
Cycle Core	Fri.	11:00-12:00pm	NGRC Pool

Instructional classes

These free classes require advanced registration as there is limited space in each class. Since each class builds on the previous week's, you are expected to attend the first class and at least 50% of the remaining classes, or you may not be eligible for future Hoos Well sponsored IM-Rec classes. Call 434-924-3791 or visit recsports.virginia.edu/hoos-well to register. Spaces fill quickly!

Spring 2020 Instructional Classes

Class	Day	Time	Location
Couch to 5K	02/04-04-16	5:15-6:15pm	Park Fitness
Cy-Yo (Cycle & Yoga)	01/30-03/05 03/19-04/23	4:45-5:45pm	AFC
Kettlebells	01/31-03/06 03/20-04/24	12:00-12:45pm	SRC
Women on Weights	01/28-03/05 01/30-03/05	5:30-6:30pm	AFC
Run-Yo	01/31-03/06 03/20-04/24	4:30-5:30pm	AFC
Boxing	01/27, 03/16 01/29, 03/18	11:45-12:30pm 12:45-1:30pm	MEM Boxing

Class	Day	Time	Location
Power Strength	01/28-03/03 03/17-04/21	5:30-6:30pm	SRC
Weight Training	01/27, 03/16 01/28, 03/17 01/29, 03/18	5:30-6:30pm 11:30-12:30pm 5:30-6:30pm	AFC
Fit Club	Tues & Thurs 01/28, 03/17	12:00-12:45pm	AFC
Bench Press	01/31, 02/21 03/20, 04/10	1:00-2:00pm	SRC
Squat	02/07, 02/28 03/27, 04/17	1:00-2:00pm	SRC
Deadlift	02/14, 03/06 04/03, 04/24	1:00-2:00pm	SRC
Tennis	02/24-04/06 02/24-04/06 02/29-04/11 02/26-04/28	6:00-7:00pm 7:00-8:00pm 11:00-12:00pm 6:00-7:00pm	Snyder Tennis
Adult Swim: Learning the Basics	02/10-3/04 02/11-03/05 03/06-05/04 03/17-04/04	M/W: 7-7:50pm T/R: 7-7:50pm M: 7-7:50pm T/R: 7-7:50-m	AFC Pool

Smoking Cessation Support

Phone-based coaching and nicotine replacement therapy are available to employees and adult dependents enrolled on the UVA Health Plan. Call 833-724-8638 or visit hooswell.redbrickhealth.com to schedule a coaching appointment.

WW (Weight Watchers Reimagined)

WW welcomes everyone who seeks to be healthier, not just manage their weight. Employees enrolled in the UVA Health Plan are eligible to receive WW discounted pricing and 50% reimbursement on the WW offerings listed below. Spouses and dependents are eligible for discounted pricing only.

To sign up for WW, visit wellness.weightwatchers.com and enter Employer ID: 60757. For questions, call 866-204-2885.

WW Workshops in the Workplace at UVA

- UVA at Wise (Alumni Hall): Tues. 12pm,
- UVA Battle Building (5th Floor Waiting Rm): Mon. 5:00pm
- 2410 Old Ivy Road, Room 312A: Thurs. 8:15am
- UVA Prostate Center & Eye Clinic (2nd floor): Mon. 12:45pm

WW Webinars

Attend live, interactive webinars hosted by WW. View upcoming webinars and register at webinars.weightwatchers.com with Employer ID: 60757. Webinars are available on demand following the live presentation.

Nutrition Counseling Services

To schedule any of the following nutrition services, email HWNutrition@virginia.edu or call 434-243-4749. For more information, [visit the Nutrition Counseling Center's website](#).

- **Nutrition & Wellness Visit:** Employees & Spouses covered on the UVA Health Plan receive one free, 50-minute, one-on-one Nutrition & Wellness (visit or consultation) each year!
- **Prenatal Nutrition Counseling:** As an expecting mother, you want the best for your baby. Come see a registered dietitian for individualized guidance on how to nourish yourself during and after pregnancy. Two free visits are included for all employees and spouses covered by the UVA Health Plan.
- **Hoos Living It:** Integrating nutrition and activity, Hoos Living It is a five-month, clinically supervised wellness and weight loss program aimed to help you get and stay healthy.

Chronic Care Coaching

UVA-WorkMed provides chronic care coaching to assist UVA team members and their family manage chronic health conditions, with the goal of improving health and wellbeing. For more information, call 434.243.0075 or [visit UVA WorkMed's website](#).

Hoos Well Advocacy

Hoos Well Advocacy is a special clinical program provided by UVA Health with the goal of achieving healthier outcomes for participants. The program pairs you with a dedicated advocate to guide you through a personalized journey to better health and wellbeing. We also partner with your primary care provider to help you set goals to manage health conditions and improve your health, connect you with the clinical and community resources you need, and coach you through the journey. Hoos Well Advocacy is one of many programs delivered by BeWell at UVA Health.

UVA faculty, staff, team members and spouses who receive an invitation* can take part in Hoos Well Advocacy. You can also join the program with a referral from your primary care provider. Call us at 434.243.6388 or email hooswelladvocacy@virginia.edu for more information.

**A small team of UVA Health IT-QI scientists help us, collectively, determine which wellness programs are a best fit for faculty, staff, team members and spouses enrolled in the Aetna health plan. Delivered by BeWell, Hoos Well Advocacy is provided on an invitation-only basis and provides additional incentives for those who set and achieve health and well-being goals.*

Emotional Wellness

Educational Seminars

Hoos Well partners with UVA's Faculty and Employee Assistance Program (FEAP) to offer educational seminars that help you manage stress and thrive. For more information, visit uvafeap.com/events, email EmotionalWellbeing@virginia.edu, or call (434) 243-2643.

Seminar	Date	Time	Location
Mindfulness: What is it and Why Should I Care?	Feb 04 Feb 12	12-1pm 3:30pm	Sandridge Zoom
Flourishing in Your Life	Mar 12 Mar 19	12-1pm 3:30pm	Sandridge Zoom
Communicating Effectively During Difficult Conversations	Apr 02 Apr 21	12-1pm 3:30pm	Sandridge Zoom
Mental Health Awareness: Anxiety/Depression	May 14 May 20	12-1pm 3:30pm	Sandridge Zoom
Stress First Aid: Caring for Others and Self	Jun 11 Jun 17	12-1pm 3:30pm	Sandridge Zoom

Individual Counseling

FEAP is available for confidential, individual consultation and short term, focused counseling for a variety of personal issues and common concerns. For details and to schedule an appointment, call 434-243-2643 or visit uvafeap.com/counseling-services.

New Mindfulness Resources

Hoos Well is offering a Mindfulness Challenge (you can earn \$25!) and free, yearlong access to an online suite of programs and resources to support your mindfulness practice and wellbeing. Visit hr.virginia.edu/mindfulness for more information.

Financial Wellness

Financial Wellness "Pop Up" Sessions

Bring financial workshops to your office! Hoos Well offers free pop-up financial seminars in partnership with UVA Community Credit Union. For details and to sign up, email hooswell@virginia.edu.

Financial Wellness webinars

Fidelity and TIAA offer financial education workshops, where you'll learn strategies and tips to help you manage your financial future with confidence. Visit www.hooswell.com for more information.

Seminar	Vendor	Date	Time
Money at Work 1: Foundations of Investing	TIAA	Feb 06	12:00pm 3:00pm
Take the First Step to Investing	Fidelity	Feb 18	10:00am 6:00pm
Within Reach: Transitioning from Career to Retirement	TIAA	Mar 04	12:00pm 3:00pm
Quarterly Market Update	Fidelity	Mar 19	2:00pm 8:00pm
The Starting Line: Beginning to Save for Retirement	TIAA	Mar 31	12:00pm 3:00pm
Make the Most of Social Security	Fidelity	Apr 08	8:00am 4:00pm

One-on-one Consultations

Can't make it to an event? You can schedule a one-on-one consultation with a registered Fidelity or TIAA representative by calling 800.343.0860 (Fidelity) or 800.842.2252 (TIAA).

