



**DO THIS.**



**EARN THIS.**

## HOOS WELL 2020 REWARDS CHART

Improving your health and wellbeing is rewarding in more ways than one. You and your benefits-enrolled spouse can **each earn up to \$500 in gift card rewards** for participating in the Hoos Well Program with RedBrick Health! Pick and choose from the activities listed below to earn up to \$500 in rewards.\* The program year runs until November 30, 2020.

**Gift card redemption:** Gift cards are immediately redeemable once earned. **Redeem all earned gift card rewards by November 30, 2020.** After December 1, 2020, any unredeemed rewards will be forfeited. Visit the **Rewards** page to redeem your gift cards.



HEALTHY ACTIVITY	WHAT YOU NEED TO DO	GIFT CARD \$
<b>Where do you stand?</b>		
Health Assessment	Complete your annual health assessment. Choose "retake" if you completed it in the previous program year.	\$100
Wellness Check	Record your completed annual wellness check or exam.** (December 1, 2019–November 30, 2020)	\$200
Flu Vaccine	Get your annual flu vaccine. Then record it. Complete this vaccination between September 1, 2019, and August 31, 2020.	\$25
Physical and Nutritional Wellbeing	Complete Journeys® focused on physical activity or nutrition.	\$50 each
	Physical activity challenges—Participate in friendly, healthy competition. The <i>You Can Do It Challenge</i> begins March 2. The <i>Go for Gold Challenge</i> begins Sept. 14.	\$1/day, up to \$50 each
Emotional Wellbeing	Complete Journeys focused on emotional wellbeing.	\$50 each
	Record full participation in an emotional wellbeing seminar—either in-person, or via live webinar or on-demand video.	\$25 each
	The Mindfulness Challenge, provided by Aetna, begins February 3. Register Jan. 15–Feb. 28. Complete all 4 weeks and receive a \$25 gift card reward.	\$25
Financial Wellbeing	Complete Journeys focused on financial wellbeing.	\$50 each
	Attend a live webinar from UVA vendors TIAA and Fidelity and record your attendance to earn \$25 in gift card rewards.	\$25 each
<b>Total available gift card rewards</b>		<b>\$500</b>

\*All rewards are considered taxable income. You must be an active employee on the UVA Health Plan and earning a paycheck at the time of redemption. Grant-funded postdoctoral fellows, retirees, COBRA enrollees, and their spouses enrolled in the UVA Health Plan are not eligible for monetary rewards. All information obtained from or provided by you as a result of your participation in the Hoos Well program is secure. If you have a medical condition that makes you unable to participate, contact us to discuss a reasonable alternative. You are encouraged to make your request by Sept. 29, 2020. Call 434-243-3344 or email hooswell@virginia.edu.

\*\*UVA Health Plan will cover in full one annual preventive "wellness check" or general physical exam at 100%. Any discussion of symptoms, procedures performed during the visit, or any follow-up visits will be paid according to the copay and cost-sharing provisions of your particular plan. To ensure that you are not billed for a medical office visit, please schedule your appointment as a preventive "annual physical" or "wellness check."

RedBrick Health app Sponsor: **Hoos Well**

**REDBRICK HEALTH®**

**HoosWell.RedBrickHealth.com**

**1-833-724-8638**

