

HoosWell Programs and Services, Fall 2019

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. Learn more at www.hooswell.com.



Intramural-Recreational Sports Classes

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

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 <http://recsports.virginia.edu/hoos-well> to register early, as spaces fill quickly!

Fall 2019 Instructional Classes

Class	Dates	Day & Time	Location
TRX Fusion	10/21-11/25	Mon. 5:30-6:30pm	Park/NGRC
Beginner Weight Training	10/21-11/19	Mon. 5:30-6:30pm	AFC
Women on Weights	10/17-11/21	Thurs. 5:30-6:30pm	AFC
	10/22-11/26	Tues. 5:30-6:30pm	AFC
	10/16-11/20	Weds. 5:30-6:30pm	AFC
Posture, Balance, Movement	10/16-11/20	Weds. 6-7pm	AFC 206/ Fit Floor
Residents on the Move (ROM)	10/16-11/20	Sat. 12:30-1:30pm	NGRC Cycle
Cy-Yo (Cycle and Yoga)	10/16-11/20	Weds. 5:15-6:15pm	AFC
Intro to Kettlebells	10/16-11/20	Weds. 12-1pm	Slaughter Rec Center (SRC)
Bench Press Clinic	10/18, 11/08	Fri. 1-2pm	
Squat Clinic	10/25, 11/15	Fri. 1-2pm	
Deadlift Clinic	11/01, 11/22	Fri. 1-2pm	
Hoos Well Adult Beginner Tennis	10/14-11/06	Mon./Wed. 7-8pm	Snyder Tennis Center
	10/15-11/07	Tues./Thurs. 7-8pm	

Fall 2019 Drop-in Classes

No advance sign-up or notice required. The Fall 2019 session runs from Aug. 26 – Dec. 19.

Class	Day	Time	Location
Zumba	Mon.	5-6pm	Battle Building
Beginner Strength	Mon.	6:15-7 am	Aquatic & Fitness Center (AFC)
		12-12:45pm, 5:30-6:15pm	North Grounds Rec Center (NGRC)
Caliente	Tues.	12- 12:45pm	AFC
Cycle	Tues.	5:30-6:15pm	NGRC
Zumba	Weds.	12-12:45pm	AFC
Aqua Jogging	Mon. & Weds.	5:15-6:15pm	NGRC Pool
Yoga	Weds.	5:30-6:30pm	Battle Building
Yoga	Thurs.	12-1pm	Jefferson Quarry
Barre	Thurs.	12-12:45pm	AFC
Integral Yoga	Thurs.	5:30-6:15pm	NGRC
Aqua Intervals	Tues.	6:00-7:00pm	AFC Pool

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: Wed. 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.

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.

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 well-being. 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.*



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. Topics include caregiving, effective communication, coping with adversity, understanding mental health, and balancing work and life. To view the Fall 2019 seminar schedule and for more information, visit uvafeap.com/events or call (434) 243-2643.

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.

Free Drop-in Classes

Hoos Well collaborates with UVA's Contemplative Sciences Center and the School of Nursing's Compassionate Care Initiative, which offer drop-in classes every week on yoga, meditation, stress reduction and more. To view the schedule, visit:

- cci.nursing.virginia.edu/activities/calendar and
- csc.virginia.edu/feature/drop-classes-fall-2019

Mindfulness Classes and Resources

The UVA Mindfulness Center offers Mindfulness-Based Stress Reduction (MBSR) classes, retreats, and audiovisual resources. Visit med.virginia.edu/mindfulness-center for information.

Stay tuned to the Hoos Well portal

In 2020, Hoos Well will offer 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.

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.

Onsite and Web Workshops

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.

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).



www.hooswell.com | 434.243.3344 | hooswell@virginia.edu

