



HOOS WELL NEWS

Beginning January 15, 2020 Hoos Well will be offering more opportunities to earn rewards! Employees and spouses on the UVA Health Plan will be eligible to earn up to \$500 each for completing healthy actions – including NEW activities like The Mindfulness Challenge, Emotional Wellbeing seminars and webinars, Financial webinars, and flu vaccinations.

Yours in good health,
Vic Tringali
Manager, Employee Wellbeing

[EXPLORE HOOS WELL](#)

Hoos Well Rewards Will be Taxed in Paychecks

As a reminder, if you or your spouse received Hoos Well rewards for completing healthy actions, your redeemed rewards will be taxed in the subscriber's upcoming paycheck accordingly:

12/20 - Medical Center Bi-Weekly

12/27 - Academic Bi-Weekly

12/31 - Academic Monthly



SPOTLIGHT

MANAGE HOLIDAY STRESS

The holiday season ushers in joy and, for many, added stress. How can we prepare to interact with family, friends, and others with greater resilience, gratitude and kindness? What if our goal was how to be, instead of what we'll be doing? Read personal insights and strategies for how we might productively engage with others this season and beyond, from UVA Contemplative Sciences Center's Dr. Karolyn Kinane.

[READ MORE](#)



PROGRAMS

IM-Rec Sports

Keep your eye on the IM-Rec website - a new session of drop-in and instructional classes will begin in January! From Zumba to yoga to cycling, you'll find lots of great options. Instructional class registration begins January 7; the drop-in class schedule will be online by January 13.

[IM-REC WEBSITE](#)



EVENTS

Emotional Wellness

CAP Brown Bag Lunch: "The Challenges of Change"

[December 19](#), 12:00pm

Contemplative Sciences Center book discussion: "Contemplative Practices in Higher Education"

[January 22](#), 3:30pm

[ALL EVENTS](#)

Ideas? [Shoot us an email](#)
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