



HOOS WELL NEWS

Hoos Well is excited to announce changes for 2020 based on the feedback you submitted over the past year regarding your needs and interests. This year, we are offering a number of new ways to focus on your emotional, financial, and physical wellbeing and earn rewards. Read the Hoos Well story on the HR homepage to learn about new seminar, webinar, and challenge offerings.

Yours in good health,
Vic Tringali
Manager, Employee Wellbeing

NEW WAYS TO EARN REWARDS IN 2020

SPOTLIGHT

MINDFULNESS CHALLENGE

Hoos Well's Mindfulness Challenge is open to all UVA employees and spouses and is one new way for eligible UVA Health Plan participants to earn rewards in 2020. Whether you're a novice or a seasoned pro, the Mindfulness Challenge aims to enhance applicable life skills, build resilience and relationships, tackle stress, and more.

Register between January 15 - February 28
Challenge begins February 3

LEARN MORE



PROGRAMS

IM-REC SPORTS

Spring Hoos Well drop-in and instructional classes are available on the IM-Rec website. From Yoga to "Couch to 5k" to Beginner Boxing, we bet there are a few new ways for you to get active! Registration is currently open.

IM-REC WEBSITE



EVENTS

FINANCIAL WELLBEING

In 2020, keep your eye on our new [Financial Webinars webpage](#) to see a list of webinars that will earn you \$25 in rewards while improving your Financial fitness!

Current offerings include:

"Money at Work: Foundations of Investing" - February 6, [12 pm](#) and [3 pm](#)

"Take the First Step to Investing" - February 18, [10 am](#) and [6 pm](#)

EMOTIONAL WELLBEING

"What is Mindfulness, and Why Should I Care?" - learn about benefits of mindfulness, resources available, and practical ways to implement this practice while earning \$25 in rewards.

In-person seminar and launch event - [February 4, 11:30 am](#)

Live Webinar - [February 12, 3:30 pm](#)

ALL EVENTS

Hoos Well is within the HR IMPACT Community of Expertise
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