



HOOS WELL NEWS

Gratitude is associated with an enhanced sense of personal wellbeing. In fact, expressing thanks for three positive events each day can lead to positive feelings that last up to six months. On behalf of the Hoos Well team, I would like to express our thanks for the opportunity to administer health and wellbeing programs and resources for the UVA community, and wish you and your families a Happy Thanksgiving!

Yours in good health,
Vic Tringali
Manager, Employee Wellbeing

[EXPLORE HOOS WELL](#)



SPOTLIGHT

HELP US IMPROVE HEALTH AND WELLNESS OFFERINGS

If you are 55 years or over, and a subscriber of the UVA Health Plan, we need your help! Your response to this brief, anonymous survey will help us improve UVA's employee wellness offerings for employees in this age range.

[TAKE THE SURVEY](#)

HOOS WELL RECIPE - NEW VIDEO

When you're hunting for a new fall meal to make, consider this delicious recipe for Autumn Roasted and Stuffed Acorn Squash created by Austin Shelly, Registered Dietitian.

WATCH THE VIDEO



PROGRAMS

WELLNESS IN MATERNITY

Hoos Well offers beneficial services for UVA employees and their spouses on the UVA Health Plan who are expecting. Through Aetna, you can receive prenatal and newborn educational materials, as well as \$100 in your paycheck, for participating in the Maternity Management Program. UVA Health Plan participants are also offered two free visits with a registered dietitian at Northridge Nutrition Counseling Center for help in nourishing yourself during and after pregnancy.

LEARN MORE

REWARDS REMINDER

Remember to log in to the Hoos Well portal to claim your rewards by November 30! Rewards not claimed by that time will be forfeited. As a reminder, the Hoos Well rewards you receive this year are counted as taxable income. Therefore, they will be listed on your 2019 W-2.

REDEEM YOUR REWARDS



EVENTS

Financial Wellness

Prepare for the Reality of Health Care in Retirement Fidelity Web Workshop:
December 4, [12:00pm](#) and [4:00pm](#)
TIAA live webinars on various topics throughout [November and December](#)

Emotional Wellness

Cultivating Spiritual Wellbeing: [December 10](#) and [December 11](#)
The Challenges of Change - Brown Bag Lunch: [December 19](#)

ALL EVENTS

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