
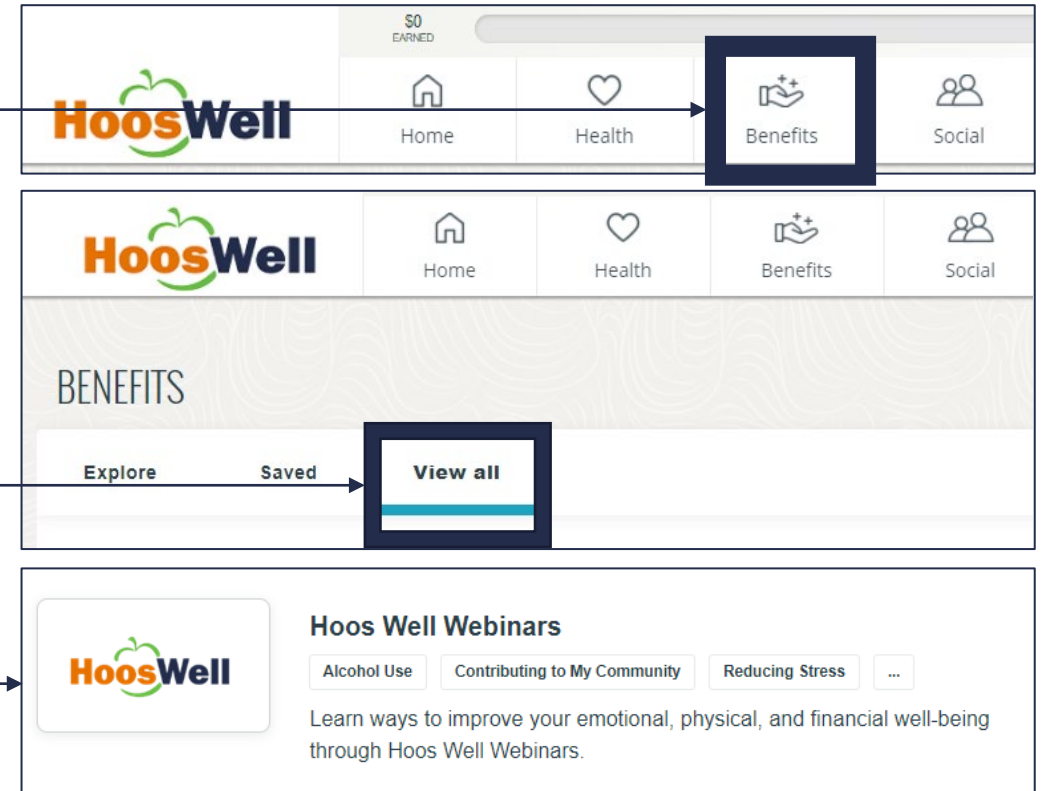


How to claim your Hoos Well reward

- UVA and UPG Health Plan participants can earn a \$25 reward for participating in one (1) webinar per quarter.
- Rewards will be deposited into the Health Plan subscriber's paycheck on a quarterly basis, beginning in April.

1. Log in to the Hoos Well portal: <https://iam.virginipulse.com>
2. Go to the Benefits page
3. Click the "View all" tab
4. Search for and open the "[Hoos Well Webinars](#)" tile.
5. Click the "Start Now" button. 
6. Fill out the short form.
7. Click the box to attest that you participated fully.
8. Click "Submit."

For more info & FAQs about Hoos Well rewards, visit <https://hr.virginia.edu/wellness/earn-rewards>



The screenshot illustrates the user interface of the Hoos Well portal. At the top, there is a navigation bar with the HoosWell logo on the left and four menu items: Home, Health, Benefits, and Social. The 'Benefits' menu item is highlighted with a dark blue box. Below the navigation bar, the main content area is titled 'BENEFITS'. Underneath this title, there are three tabs: 'Explore', 'Saved', and 'View all'. The 'View all' tab is highlighted with a dark blue box. Below the tabs, there is a section titled 'Hoos Well Webinars' which includes a list of webinar topics: 'Alcohol Use', 'Contributing to My Community', 'Reducing Stress', and an ellipsis. Below the list, there is a brief description: 'Learn ways to improve your emotional, physical, and financial well-being through Hoos Well Webinars.'



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