



HOO'S WELL REWARDS CHART

Improving your health and wellbeing is rewarding in more ways than one. **Starting January 15, 2019**, you and your benefits-enrolled spouse can **each earn up to \$500 in gift cards rewards** for participating in the Hoo's Well Program with RedBrick Health! Pick and choose which activities you want to complete to earn rewards. You can earn up to \$500 for completing all steps listed below. The program year runs until November 30, 2019.*

How do I redeem my gift cards? Gift cards are immediately redeemable once earned. No more waiting for money in your paycheck months after a challenge period ends. You'll be able to spend your rewards when you want, how you want. Choose from many available gift card options.



HEALTHY ACTIVITY	WHAT YOU NEED TO DO	GIFT CARD \$	FREQUENCY
STEP 1			
Health Assessment	Complete your health assessment	\$100	1x/year
STEP 2			
Wellness Exam	Record your completed annual wellness exam (August 1, 2018–November 30, 2019)	\$200	1x/year
STEP 3			
Physical and Nutritional Wellbeing	Complete RedBrick Journeys® focused on physical activity or nutrition. (Complete one full Journey to earn the reward)	\$50	1x/year
	Hoo's Well Challenges—Participate in a friendly healthy activity competition. The <i>Get Up & Go Challenge</i> begins March 1, 2019**	\$50	2x/year
Emotional Wellbeing	Complete an emotional wellbeing Journey	\$50	1x/year
Financial Wellbeing	Complete a financial wellbeing Journey	\$50	1x/year
Total available gift card rewards		\$500	

*Grant-funded postdoctoral fellows, retirees, COBRA enrollees, and their spouses enrolled in the UVA Health Plan are not eligible for monetary rewards. All information obtained from or provided by you as a result of your participation in the Hoo's Well program is secure.

**If you have a medical condition that makes you unable to participate, contact us to discuss a reasonable alternative. You are encouraged to make your request by Sept. 29, 2019. Call 434-243-3344 or email hooswell@virginia.edu.