



UVA Hoo's Well Program

Well-being reinvented. Benefits amplified. Engagement that matters.

2019 Hoo's Well Program Overview

Agenda

Wellness at the University of Virginia

What is RedBrick Health?

Rewards

Key Tips for Success



Wellness at the University of Virginia

In partnership with RedBrick Health, UVA is committed to providing you with programs, tools, and resources to help maintain or improve your and your family's health and wellbeing

All employees covered by the UVA Health Plan have the opportunity to earn rewards for participating in healthy activities.

Spouses who are **enrolled** in the UVA Health Plan can also earn rewards

What is RedBrick Health?

A health engagement company inspired by a singular purpose:

- To help people be healthy

Wellbeing is about more than just exercise and/or nutrition. It is about meeting you where you are to:

- Improve energy
- Learn about financial health
- Reduce stress
- Become the best version of yourself

RedBrick programs offer small, simple steps to support you in building healthy habits over time through innovative tools that provide easy access to online support

- Small steps and choice

[Michael's Success Story](#)

Rewards

Population	Reward Type	Amount
Employees and Spouses on the UVA Health Plan	Health Assessment Complete the Health Assessment	\$100
	Wellness Check Record details of your wellness check	\$200
	RedBrick Journeys Complete a Journey	\$50/Each
	Challenge Participation Track Healthy Activities	\$50/Each

Pop Quiz!

Which of the following groups of people are eligible to earn up to \$500 in rewards?

1. Employees on the UVA Health Plan
2. Employees not on the UVA Health Plan
3. Spouses on the UVA Health Plan
4. Spouses not on the UVA Health Plan
5. A and C
6. All of the above

Pop Quiz!

Which of the following groups of people are eligible to earn up to \$500 in rewards?

1. Employees on the UVA Health Plan
2. Employees not on the UVA Health Plan
3. Spouses on the UVA Health Plan
4. Spouses not on the UVA Health Plan
5. A and C
6. All of the above

A woman with long blonde hair, wearing a red floral dress, is sitting at a desk in a modern office. She is smiling and looking towards the right. In the foreground, the back of another woman's head and shoulders is visible; she is wearing a black top and is also smiling. The office has large windows with a grid pattern, and there are white desk lamps on the desk. The overall atmosphere is bright and professional.

Getting Started

“Lets Get Started”

Let's Get Started

Before we get going, there are some things you should know.

- I agree to the [Terms of Service](#).
- I agree to the [Privacy Policy](#).
- I agree to the [Disclosure Authorization](#).
- I agree to the [Honor Code](#).

I agree to all

Home Page

Hoo's Well

- Home
- Topics
- Rewards
- Health Assessment
- Journeys
- Tobacco Coaching
- Track
- Profile
- Hoo's Well Resources
- Sign Out
- Contact Us

Rewards

Track It In Progress University000

Choose Well, Feel Good

Welcome to this year's Hoo's Well Program brought to you by RedBrick Health.

- First, [complete your Well Check](#).
- Then, [take the health assessment](#).
- Next, [find what inspires you](#).

[See My Rewards](#) [See Topics](#)

TAKE YOUR HEALTH ASSESSMENT

Get personalized suggestions.

Complete your **health assessment** to get a snapshot of your current health, lifestyle, habits and risk factors.

COMPLETE YOUR WELL CHECK

Complete your annual well check.

Take smart steps for your health. Get an annual well check. Record that you completed the well check and earn \$200 in gift card rewards.

Rewards: Enrolled Employees and Spouses

Home

Topics

Rewards

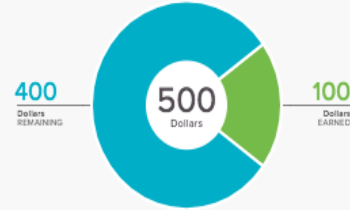
Last updated a few seconds

Your Rewards Progress

To support a healthy lifestyle and encourage you to be fit, Hoo's Well rewards you for investing in your wellbeing. Employees and spouses on the UVA Health Plan are eligible to receive up to \$500 each for completing activities below. The program runs through **November 30, 2019**.

All rewards are paid out in gift card rewards. See the "View Gift Card Options/View Gift Card History" link below. You must be on the UVA Health Plan and earning a paycheck at the time of payout. All rewards are considered taxable income.

[View Gift Card Options/View Gift Card History](#)



AVAILABLE ACTIVITIES

COMPLETED ACTIVITIES



Where do you stand?

Want to feel better about your health? First complete your health assessment and your annual Well Check.

First steps: complete your health assessment and annual Well Check.

Complete your health assessment	100 Dollars	EARNED
Annual Well Check	200 Dollars	AVAILABLE

Gift Card Rewards

HOME HEALTHY ACTIVITIES REWARDS

MAKE A SELECTION CHOOSE AN AMOUNT FOLLOW THE INSTRUCTIONS

\$150.00 Available to Redeem Your History

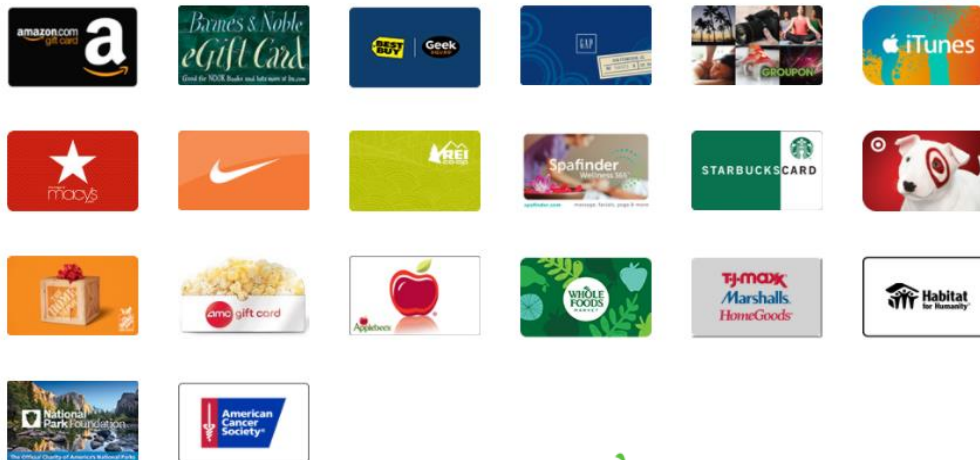
← REWARDS

Choose How to Use Your Rewards

You've worked hard to earn your rewards. How do you want to use them?

Please note, gift cards are considered a taxable income, you'll notice a small deduction on the next paycheck followed by the date you redeemed your incentive.

Make a selection



Healthy Activities

1. Pick your preferred way to interact
2. Pick a topic
3. Pick an activity



Topics Rewards

Discover what's right for you

Live well with arthritis Keep stress in check Eat healthier Get active Get financially fit

FILTERS

WAYS TO ENGAGE

- Online
- Phone
- Coaching
- Journeys
- Challenges
- Hoo's Well Programs

LIFESTYLE

- Sleep

77 Results

Sort By Recommended

RECOMMENDED Live Better With OA

RECOMMENDED 10 Minutes a Day to Stress Less

RECOMMENDED Choose a New Attitude

RECOMMENDED Cart Hero

RECOMMENDED Peak Performance Mind

RECOMMENDED Fit in More Fruit

Compass Health Assessment

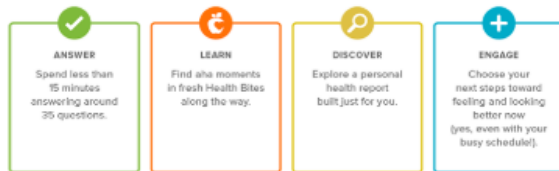


- Home
- Topics
- Rewards
- Health Assessment
- Journeys
- Tobacco Coaching
- Track
- Profile
- Hoo's Well Resources
- Sign Out
- Contact Us



Welcome to Your Health Assessment

Everyone starts down the road to better health from a different place. Find out where you stand right now when you complete your questionnaire.



Your privacy is important

We will ask questions about your health history, including your health numbers, lifestyle, and conditions you may have. The information you give us is used to direct you to tools to help you meet your health goals. There are a few questions that you may choose not to answer.

[More about our privacy principles](#)




[About This Assessment](#)

Complete the Compass Health Assessment by 11/30/2019 to earn \$100 in gift cards



Annual Wellness Check

COMPLETE YOUR WELL CHECK





Complete your annual well check.

Take smart steps for your health. Get an annual well check. Record that you completed the well check and earn \$200 in gift card rewards.

[RECORD YOUR VISIT](#) ←

1 READ MORE

 Well Check



A well check visit, also called an annual physical or check-up, is a preventative measure ensuring you get your key health numbers measured. It is also time for communication with your physician. Annual visits reduce risks of potentially missed diagnoses. A well check visit includes screening for diseases, assessing risk of future medical problems, updating vaccinations; along with encourage a healthy lifestyle. A relationship with a doctor is key in case of an illness.

For credit in the Hoos Well Program, record a well check visit occurring between **November 1, 2018 – November 30, 2019**.

Note: All information is subject to validation and audit from RedBrick Health and/or the UVA Hoos Well Program.

Clinic Name:

City and State:

Zip Code:

Phone Number:

Physicians Name:

Date of Well Check (between November 1, 2018 – November 30, 2019):

Yes, I confirm I completed my annual well check visit.

[SUBMIT](#)

Complete your Wellness Check between August 1, 2018 and November 30, 2019 to earn \$200

Journeys

Earn:
50 dollars for
completing a
Journey



- Home
- Topics
- Rewards
- Health Assessment
- Journeys
- Tobacco Coaching
- Track
- Profile
- Hoo's Well Resources
- Sign Out
- Contact Us



Welcome to the *Choose a New Attitude* Journey

Let's get started

Ready to shift your attitude?

You're in the right place. We've built this Journey just for you, based on what you've told us about yourself. Small step by small step, you'll learn to coach yourself into a new frame of mind.

You probably know how a bad day can suck the energy right out of you. What researchers have learned is that a bad day, or enough of them, can actually change the way your brain works.

It goes something like this:

- Problems and worries get the best of you.
- The fear factor puts you in a state of fight or flight.
- Your brain has a harder time thinking straight and solving problems.
- The stress factor builds, and the cycle is reinforced.

Here's the good news: You can break the cycle.

Ready to give it a try?

LET'S BEGIN



Choose a New Attitude



STAGE 1

STAGE 2

Have fun exploring! Finish steps to unlock your Challenge step.

Fuming? Start with "I"

Be part of the solution

Move the ball forward

Name your solution

Track

Add To Track

Search for Activities

Track

SUGGESTED GET ACTIVE EAT HEALTHY LIVE WELL MY NUMBERS

Try these suggestions to get started:

- Strength Training
- Yoga
- Boxing
- Sleep
- Breakfast

Add To Track

Bicycling

Track how long you biked each day.

Day(s)

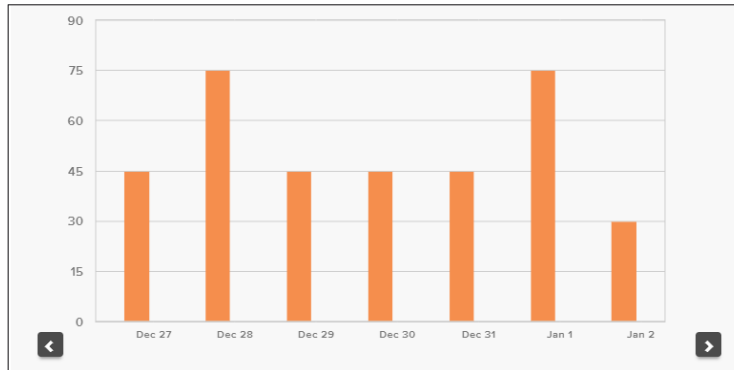
*duration minutes

distance miles

intensity:

Easy Moderate Vigorous


SAVE



Participate in a Challenge!

Earn: 50 dollars for participating in a Challenge and tracking 30 minutes per day for 30 days

When: Stay tuned for the first Challenge this Spring (beginning March 1, 2019). Details to be announced.



Get Up and Go


Sputtering? Sometimes you just have to Get Up and Go toward a healthier you.

Starting March 1st you'll be encouraged by (and competing with) coworkers to focus on physical activity to get healthier.

Hurry. Challenge lasts until March 31st.

DAYS	HRS	MINS	SECS
02	13	36	22

UNTIL CHALLENGE ENDS



Me
University000 Vir...
360 Minutes

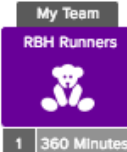
My Rewards Progress

Tracked: 1 days
Required: 15 days total

TRACK ACTIVITY


Team Leaderboard

Check out team averages to see who's ahead today.



My Team
RBH Runners
1 360 Minutes

Add To Track



Bicycling

Track how long you biked each day.

Day(s) _____

*duration _____ minutes

distance _____ miles

intensity: _____

Easy Moderate Vigorous

SAVE

Sync Your Device

The screenshot shows a user profile for Rita0056, a member since Dec 27, 2016. The page features a navigation menu with options: Profile, Contact, Security, and Devices. The main content area is titled 'Devices' and lists several fitness trackers with 'CONNECT' buttons: Fitbit, Garmin, Jawbone, MapMyFitness, Misfit, and Moves.

A vertical list of fitness device brands, each with its logo and a 'CONNECT' button:

- Fitbit
- Garmin
- Jawbone
- MapMyFitness
- Misfit
- Moves
- Runkeeper
- Withings

Healthy Activities – What does \$500 look like?



Where do you stand?

Want to feel better about your health? First complete your health assessment and your annual well check visit.

First steps: complete your health assessment and annual Well Check.

• Complete your health assessment	100 Dollars	EARNED
• Annual wellness exam	200 Dollars	AVAILABLE



Physical and Nutritional Wellbeing Activities

Get inspired to find your way to greater fitness and energy, and get rewarded for it. What will you do today?

Earn gift card rewards for completing healthy activities.

• Complete a physical or nutritional wellbeing Journey.	50 Dollars each	AVAILABLE
• Participate in the Get Up & Go Challenge	50 Dollars	COMING SOON



Emotional Wellbeing Activities

Work to improve your emotional wellbeing and get rewarded for it. Take time for you today.

Earn gift card rewards for completing healthy activities.

• Complete an emotional wellbeing Journey.	50 Dollars each	AVAILABLE
--	-----------------	-----------



Financial Wellbeing Activities

Financial know-how, combined with better saving and spending habits, can have a huge impact on your budget and overall financial health. Explore your opportunities.

Earn gift card rewards for completing healthy activities.

• Complete a financial wellbeing Journey.	50 Dollars each	AVAILABLE
---	-----------------	-----------

Tips for Success

Bookmark the URL and save your login / password

Update your profile page to include your phone number and email address

Monitor your progress through the Rewards page

Chrome is the preferred browser

Questions?



Hoo's Well Program 2019: Get Started!

1. Register on the wellness portal
2. Complete the Health Assessment
3. Schedule and complete your Wellness Check, or you can record it on the site if you have already completed the exam since 8/1/2018.
4. Explore Healthy Activities



RedBrick Health offers tools and programs to help you maintain or improve your health.

Don't miss out on rewards!

- Up to \$500 per employee on the UVA Health Plan
- Up to \$500 per spouse on the UVA Health Plan

Thank You!

Questions?

