

# Healthscoop



Spring 2019

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## Hoos Choice

Hoos Choice is a new pre-packaged lunch program that facilitates and encourages healthy food choices across the University of Virginia.

Hoos Choice boxed lunches are currently available through UVA Catering and at the Medical Center Cafeteria.

<https://hr.virginia.edu/hoos-choice-nutrition-program>

## HoosChoice

Our delicious boxed lunches are crafted to meet these nutritional requirements:



## Field of Play

Meet us in the end zone to kick off Exercise is Medicine™ @Work! Participate in Zumba, yoga and more! This event is open to faculty, staff and team members.

Mark your calendar!

**When:** May 4, 2019  
**Time:** 9:00am - 1:00pm  
**Place:** Scott Stadium



## Wellness Check

Don't forget to schedule your 2019 wellness check with your primary care provider (PCP) to receive \$200.00!\*

**FYI:** If you do not have an established PCP, you may incur a new patient fee during your first visit. If an exam is given to diagnose or treat an identified condition, it is not considered a routine physical exam.

For PCP questions, contact Aetna Member Services at 1.800.987.9072.

## Tackle Stress and Thrive!

Emotional wellbeing is essential for overall good health. Chronic stress, whether from your personal life or job, can cause or worsen many physical and mental health problems. If you're in an unhealthy state of mind, it's hard to focus on your obligations and live your best life. The most important elements of a positive work environment include:

- Friendly and respectful work relationships
- Finding meaning in the work we do
- Opportunities to inspire others

### Bolster your emotional wellbeing with these resources:

- Earn rewards for participating in emotional wellbeing Journeys that can help you manage stress.\* **HoosWell.RedBrickHealth.com**
- UVA's Faculty and Employee Assistance Program offers free seminars and confidential counseling for personal concerns and work-life balance. **uvafeap.com**
- UVA's Contemplative Sciences Center and the School of Nursing's Compassionate Care Initiative offer online resources and free weekly drop-in classes. Learn more at **csc.virginia.edu** and **cci.nursing.virginia.edu**.
- The UVA Mindfulness Center offers Mindfulness-Based Stress Reduction resources, classes, retreats. **med.virginia.edu/mindfulness-center**
- The Center for Appreciative Practice hosts a Wisdom & Well Being Speaker Series and moderated forum for discussing social and emotional issues connected with patient care. **For questions, email positivity@virginia.edu.**

\*Incentives are available to employees and spouses on the UVA Health Plan



Visit [www.hooswell.com](http://www.hooswell.com) for your good health.



Human Resources