
OPEN SESSION

Our guest speakers were Sarah Collie, Assistant Vice President for Management & Budget/Director, State Governmental Relations, and Penny Cabaniss, State Governmental Relations Coordinator.

The Office of State Governmental Relations, through the Assistant Vice President for Management and Budget and the President's Executive Assistants for State Governmental Relations, monitors legislative issues and activities in Richmond and communicates information to appropriate University officials. The staff is committed to informing the University community as it relates to key legislative issues that may be of interest and impact. The website is a venue for this role http://www.virginia.edu/governmentalrelations/index.html

The Office of State Governmental Relations
- represents the University's position on state governmental issues to state officials
- monitors and tracks legislative and state activities during the General Assembly session
- communicates information to University officials and the community on significant state and legislative matters
- educates the University community about state relations

Resources and links are provided in the website that includes legislative sessions, legislators, news, and reports. Please note that state employees cannot use University resources (i.e. computers, letterhead, work email, etc.) to promote or communicate any state legislation.

Sarah Collie does read each bill to know what bill has relevance to the University and does seek out expertise to help understand the impact a bill may have to the University.

The bulk of the legislations reflect human resource and health system issues. Budget concerns are the primary focus and additional cut backs in budget could happen toward the end of the year. A hot list of pending bills or a core comprehensive list of higher education lists can be found through the SCHEV website, which is also included this website.

An overview of the State Governmental Relations website was also provided by Penny Cabaniss. Legislative reports are posted to the website weekly or bi-weekly.

Questions
Is there any way to be supportive of University’s legislation without using UVA resources?
This is considered on a case-by-case basis but, typically, legislation does not engage employee input, other than coordinating researchers to represent in Richmond.

Student council has their own legislative agendas, but these agendas do not represent the University. However, student views and opinions are valued and are solicited.

**Was there any surprising legislation that occurred during the December session?**

There were differences of opinion on how the governor faced the short falls which is a combination of investments and tax revenue. The short fall is about $3.2 billion. A budget impact website has been implemented. [www.virginia.edu/budgetimpact](http://www.virginia.edu/budgetimpact). This is a venue for suggestions for budget constraints.

**Is there an incentive for early retirement?**

There is no data that supports that this makes a real difference and is currently not being investigated.

**Is there any legislature that is considering modifying retirement changes?**

Not aware of any legislature and this would be more of an administrative issue handled through human resources.

**CLOSED SESSION**

**University of Virginia Wellness Program**
Beth Reinhard, UHR, reported that we have a new HR Wellness Coordinator, Cynthia Rutherford. Beth provided an overview of the Weight Watchers program, “Hoo’s Fit Walking program, and the Smoking Cessation program that Cynthia is promoting through the Work/Life Wellness: Hoo’s Fit website homepage ([http://www.hrs.virginia.edu/worklife.html](http://www.hrs.virginia.edu/worklife.html)). These programs are for state employees. Cynthia can be contacted at (434) 924-4307 or car8z@virginia.edu should you need additional information.

**Minutes**
It was decided to wait to vote on the December meeting minutes in February. The draft version of these minutes will be posted on the PECC website.

**Special Activity with EOP Office**
Laura Rugless and colleagues have created an interactive game to enhance their employee orientation workshop. They used the PECC to trouble shoot and test this game, which in the end tested the EOP knowledge of PECC members.

Meeting adjourned

Next meeting will be February 10, 2009. Lea Moore, Office of Process Simplification will be our guest speaker.
HOO'S Stretching?
A “How To”, Interactive Flexibility Class Focusing on Injury Prevention and Improved Exercise Performance

The University of Virginia Human Resources Department, in collaboration with UVA-WorkMed, is proud to offer this mid-day class as part of its Hoo’s Fit Wellness Program. This class, taught by an exercise physiologist, will introduce the general benefits of stretching and specific stretches for those undertaking a walking program. Stretching, when performed appropriately, has been shown to prevent injuries, reduce pain, and improve fitness participation. This class will offer a collection of stretches being taught and demonstrated. Class participants will perform the stretches under the guidance of the instructor. Participants will learn first-hand how to effectively and safely stretch.

The class is free to University employees and will be offered twice: January 15th at Newcomb Hall, Room 168AB, and January 22nd at the Darden School, Sponsors Hall. Both classes are from noon to 1:00 p.m. To register: http://www.healthsystem.virginia.edu/internet/occupational-health/HoosFitWellnessClasses.cfm for either of these classes. Class size is limited to 30 participants, so don’t delay in signing up.
Weight Watcher Discounts
Eligibility: All UVA Employees

Q. How do I join?
A. There are three ways to join Weight Watchers:

Local Meetings or to receive the At Home Kit - Corporate Edition, call 1-866-614-9129.

Online subscription, visit the Weight Watchers link at: http://www.weightwatchers.com/signup/nationalaccounts/StepOne.aspx. Enter discount promotional code: 14-551-136718860

Join an At Work Meeting at the University. Contact the Wellness Coordinator at 434-924-4307 for At Work Meeting locations.

Weight Watcher Program Special Pricing Incentive
13-week Local Meeting Voucher $119.86 50%
18-week Local Meeting Voucher $165.96 50%
13-week At Work Meeting Series $155.35 50%
17-week At Work Meeting Series with 19 weeks free eTools $186.00 50%
At home Kit - Corporate Edition $179.00 50%
3-month Online Subscription $55.00 50%
12-month Online Subscription $166.70 50%

Hoo’s Fit Walking Program
Eligibility: All UVA employees are eligible to participate!

How do I join The Hoo’s Walking Program?
The Hoo’s Fit Walking Program is a 12-week self-paced program. You can start participating at any time. To register, complete the registration form at http://www.hrs.virginia.edu/benefits/wellness/exercise/walking/hooswalkingregistration.html or contact Cynthia Rutherford in Human Resources at (434) 924-4307 or car8z@virginia.edu.

What does the Hoo’s Fit Walking Program include?

- A pedometer to help you track your steps.
- A “Hoo’s Fit” t-shirt.
- A tracking booklet for you to track your progress (downloadable online).

How does The Hoo’s Walking Program work?
Register by completing the registration form at http://www.hrs.virginia.edu/benefits/wellness/exercise/walking/hooswalkingregistration.html or contact Cynthia Rutherford in Human Resources at (434) 924-4307 or car8z@virginia.edu.

1. You will receive a welcome packet that will include a pedometer, t-shirt and instructions for downloading your tracking booklet.

2. Start walking on your own or with friends and coworkers! Keep track of your progress in your tracking booklet.

3. Turn in your tracking information at the end of your 12 week session and complete the online post walking program survey located at http://www.hrs.virginia.edu/worklife.html

Tobacco Cessation Program
Free and Clear: Quit for Life

Eligibility: Available to UVA employees, their spouses and dependents over the age of 18 who participate in the UVA Health Plan.

It is not easy to quit smoking. But if you are among the 70 percent of smokers who want to quit, Quit For Life “coaches” are ready to help you succeed.

Services provided to those who enroll in the Quit for Life Program include:

- Up to 5 proactive counseling calls and, for 12 months, unlimited inbound calls to Quit Coaches for additional support (Quit Coach hours are available 7 days a week from 8am EST – 3am EST (19 hours per day)).
- Personalized quit plan developed by each participant with his/her Quit Coach.
- Lifetime access to Web Coach which offers participants a suite of interactive features, evidence-based content, and social forums.
- Assistance selecting a tobacco cessation support medication. Free & Clear will deliver the patch or gum directly to participants’ homes at no additional cost.
- A series of stage-based printed quit guides mailed directly to participants’ homes.

Enroll in the Quit for Life Program by calling 1-866-QUIT-4-LIFE (1-866-784-8454) or visiting the Quit for Life website https://www.quitnow.net/uva/ A registration specialist will verify eligibility to enroll and transfer you to a quit coach for an initial intervention.
University of Virginia:
Wellness Program

University of Virginia  
University Human Resources  
914 Emmet Street  
PO Box 400127  
Charlottesville, VA 22904  
434.924.4307

www.hrs.virginia.edu/worklife.html

Contact us:  
Cynthia Rutherford Wellness Coordinator, car8z@virginia.edu  
434.924.4307
Work/Life Wellness: Hoo's Fit

Welcome to Hoo's Fit, The Wellness Program for the University of Virginia Health Plan

Weight Management

- Weight Watchers
  - Service Fees Reimbursement Program

Exercise

- No Sweat Program
- Walking Program
  - Online Registration Form (or Printable PDF Version)
  - Walking Trail Maps
- America on the Move
- American Heart Association

Fitness Centers

- U.Va. Intramural-Recreational Sports
- Gold's Gym
- ACAC

Smoking Cessation

- Quitline Coaching Service
- Rx coverage for U.Va Health Plan members
- American Lung Association
- American Heart Association

Health Risk Assessment

- Health Screenings

Healthy Eating

- My ePhit
- Lunch Well
- Lunch classes by WorkMed
- Healthy Vending Program

Health Coaching

- My ePhit
- Disease Management Programs in conjunction with U.Va. Health Plan

Hoo's Fit Benefits...

- Weight Management
- Exercise
- Fitness Centers
- Smoking Cessation
- Health Risk Assessment
- Healthy Eating
- Health Coaching
- Mental Health
Weight Watchers

Eligibility:
- All UVA benefited employees

The University of Virginia is offering a 50% reimbursement for Weight Watchers meetings, Weight Watchers Online Subscription and the At Home Kit.

<table>
<thead>
<tr>
<th>Weight Watcher Program</th>
<th>Special Pricing</th>
<th>Potential Reimbursement</th>
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<tbody>
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<td>13-week Local Meeting Voucher</td>
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Q. How do I join?

A. There are three ways to join Weight Watchers:

- Local Meetings or to receive the At Home Kit - Corporate Edition, call 1-866-614-9129.


- Join an At Work Meeting at the University. Contact the Wellness Coordinator at 434-924-4307 for At Work Meeting locations.

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<tr>
<td>Attend at least 10 of 13 meetings and submit attendance records</td>
<td>50%</td>
</tr>
<tr>
<td>Attend at least 15 of 17 or 18 meetings and submit attendance records</td>
<td>50%</td>
</tr>
<tr>
<td>Submit your receipt for the At Home Kit after 3 months of use</td>
<td>50%</td>
</tr>
<tr>
<td>Submit your Accounts Status Page for the 3-month or 12-month Online subscription after 10 weeks of use</td>
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The “Hoo’s Fit” Walking Program

All UVA employees are eligible to participate!

**How do I join The Hoo’s Walking Program?**

The Hoo’s Fit Walking Program is a 12-week walking program. You can start participating at any time—even if the start date of the current session has passed. To register, complete the registration form:

http://www.hrs.virginia.edu/benefits/wellness/exercise/walking/hooswalkingregistration.html or contact Cynthia Rutherford in Human Resources at (434) 924-4307 or car8z@virginia.edu.

- Winter 2009
- Spring 2009
- Summer 2009
- Fall 2009

**What does the Hoo’s Fit Walking Program include?**

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1. You will receive a welcome packet that will include a pedometer, t-shirt and instructions for downloading the tracking booklet.

2. Start walking on your own or with others! Keep track of your progress in your tracking booklet.

3. Turn in your tracking data at the end of your 12 week session and complete the online post walking program survey.
Smoking Cessation

Free and Clear: Quit for Life

A tobacco cessation program available to UVA employees, their spouses and dependents over the age of 18 who participate in the UVA Health Plan.

Free & Clear’s Quit for Life Program offers a proven path to becoming nicotine free. Nationally, nearly half of the smokers who have used the program are successful in quitting smoking. Whether you have smoked for six months or 30 years or longer, help is available.

It is not easy to quit smoking. But if you are among the 70 percent of smokers who want to quit, Quit For Life “coaches” are ready to help you succeed.

Services provided to those who enroll in the Quit for Life Program include:

- Up to 5 proactive counseling calls and, for 12 months, unlimited inbound calls to Quit Coaches for additional support (Quit Coach hours are available 7 days a week from 8am EST – 3am EST (19 hours per day)).
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A registration specialist will verify eligibility to enroll (please have your Southern Health Insurance Card available) and after verification, you will be transferred to a quit coach for an initial intervention.