

The 2023 Atrium Health Floyd LiveWELL Incentives

At Atrium Health, we care about the physical, financial and personal well-being of teammates and their families. LiveWELL offers healthy lifestyle programs and activities to help teammates live their very best lives.

Choice Plan members can earn incentives totaling up to \$175 for individuals or \$350 for families by engaging in LiveWELL.

Atrium Health Floyd will provide an initial deposit of \$500 for individuals and \$1000 for families. Incentives and seed money are deposited pre-tax in a Health Savings Account.

Choice Plan Members

	LiveWELL Health Assessment	Physical	Financial	Personal	Seed Money	TOTAL
Teammate-Only	Complete Health Assessment to start receiving incentives	\$58.33	\$58.33	\$58.34	\$500	\$675
Family		\$116.67	\$116.67	\$116.66	\$1,000	\$1,350

Teammates who participate in LiveWELL activities and are members of the Co-Pay Plan, are members of the Choice Plan who did not elect an HSA or those who do not participate in an Atrium Health Floyd Health Plan, will be entered into prize drawings, distributed several times throughout the year.

Incentive Opportunities

Teammates earn incentives by participating in at least one activity for each health category of physical, financial and personal well-being. Incentive eligible programs include:

PHYSICAL

- Complete your **Annual Wellness Exam*** (includes appropriate labs, weight/height, blood pressure, glucose, cholesterol)
- Work with a **Well-Being Coach**
- Engage in a **Care Management Program:**
 - Cigna Personal Care Management
 - Omada Prediabetes Program
 - Diabetes Self-Management Education and Support (DSMES)
- Engage in LiveWELL recommended **Weight Management Program**

FINANCIAL

- Financial **education** classes/consultations or webinars
- One-on-One Rx Medication Management**
- Advanced Directives** webinar
- Meet with **Personal Financial Advisor**

PERSONAL

- Work with **Well-Being Coach** on personal goals
- Complete a personal well-being **webinar or class series**
- Be a **Compassion Champion**
- Complete the **Atrium Health Diversity Certificate Program**
- Complete and log four volunteer hours with **Atrium Health Serves***
- Complete **Mental Health First Aid** certification
- LiveWELL Well-Being Platform**
 - Connect your fitness device
 - Complete a daily habit plan
 - Complete a challenge
- Complete an appropriate activity to support Atrium Health's **Sustainability Initiative**
- Atrium Health Floyd Fitness**
 - Work out 25 times per quarter

*Annual Wellness Exams and participation in Atrium Health Serves completed on or after October 13, 2022 will be accepted for 2023 Incentive participation.

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Incentive Payouts

LiveWELL Incentives are paid in the year they are earned with three payout opportunities as listed:

DEADLINE	PAYOUT <i>for</i> BI-WEEKLY TEAMMATES	PAYOUT <i>for</i> MONTHLY TEAMMATES
March 17	April 14	May 1
June 23	July 21	August 1
October 13	November 10	December 1

For more information about LiveWELL Incentives, visit [LiveWELL.AtriumHealth.org](https://www.livewellatriumhealth.org).

