

# The 2023 Atrium Health Greater Charlotte ..... 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.

Health plan members can earn incentives by engaging in **LiveWELL**.

## Health Savings Plan Members

**Teammate-Only**

**Family**

LiveWELL Health Assessment	Physical	Financial	Personal	TOTAL
Complete Health Assessment to start receiving incentives	\$225	\$225	\$225	\$675
	\$450	\$450	\$450	\$1,350

## Co-Pay Plan Members

**Teammate-Only**

**Family**

LiveWELL Health Assessment	Physical	Financial	Personal	TOTAL
Complete Health Assessment to start receiving incentives	\$200	\$200	\$200	\$600
	\$400	\$400	\$400	\$1,200

Teammates who participate in **LiveWELL** activities and are not enrolled in a 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**:
  - MedCost Personal Care Management
  - Medical Nutrition Therapy
  - 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 **LiveWELL Champion**
- Complete the **Atrium Health Diversity Certificate Program**
- Complete and log four volunteer hours with **Atrium Health Serves\***
- Complete **Mental Health First Aid** certification
- Participate in the **Physician/APP Well-Being Index**
- 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 Greater Charlotte 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.

**NOTE:** In 2022, LiveWELL Incentives were dedicated to the COVID-19 Vaccine requirement. Well-being program incentives will resume in 2023 in all regions and markets.

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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

Incentive dollars are deposited pretax in the following accounts:

- If enrolled in the **Health Savings PLAN** → deposited in your active Health Savings Account
- If enrolled in the **Co-Pay PLAN** → deposited in your LiveWELL Incentive Account

Teammates on one of the LiveWELL Health Plans in positions with an annual base salary of \$38,000 or less will receive an additional \$200 contribution from Atrium Health to either their Health Savings Account (HSA) or LiveWELL Incentive Account per plan eligibility.

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

