

The 2023 Atrium Health Navicent 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		LiveWELL Health Assessment	Physical	Financial	Personal	TOTAL
Teammate-Only Family	Complete Health Assessment to start receiving incentives		\$225	\$225	\$225	\$675
		\$450	\$450	\$450	\$1,350	

Co-Pay Plan Members		LiveWELL Health Assessment	Physical	Financial	Personal	TOTAL
Teammate-Only Family	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)
- Engage with a **Well-Being Coach**
- Engage in a **Care Management Program:**
 - MedCost Personal Care Management
 - Medical Nutrition Therapy
 - 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
- 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 Navicent Fitness Centers**
 - 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
March 17	April 21
June 23	July 28
October 13	November 17

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 in positions with an annual base salary of \$35,000 or less will receive an additional \$200 contribution from Atrium Health Navicent 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.livewell.atriumhealth.org).

