

The 2023 Atrium Health Wake Forest Baptist LiveWELL/BestHealth for Us 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

Copay 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** on a Prevention Action Plan
- Engage in a **Care Management Program**:
 - MedCost Personal Care Management
 - Nutrition Counseling Session
 - Livongo 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 **Wellness 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 Wake Forest Baptist Fitness Center**
 - 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 **Copay PLAN** → deposited in your LiveWELL Incentive Account

Teammates on one of the Atrium Health Wake Forest Baptist 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).

