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.

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

Incentive Payouts

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

<table>
<thead>
<tr>
<th>DEADLINE</th>
<th>PAYOUT for BI-WEEKLY TEAMMATES</th>
<th>PAYOUT for MONTHLY TEAMMATES</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 17</td>
<td>April 14</td>
<td>May 1</td>
</tr>
<tr>
<td>June 23</td>
<td>July 21</td>
<td>August 1</td>
</tr>
<tr>
<td>October 13</td>
<td>November 10</td>
<td>December 1</td>
</tr>
</tbody>
</table>

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](http://LiveWELL.AtriumHealth.org).