

The 2024 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.

Atrium Health Floyd will provide an initial deposit, called Seed Money, of \$500 for individuals and \$1,000 for families enrolled in the **Choice Plan**. Incentives and seed money are deposited pre-tax in a Health Savings Account. **Choice Plan** members can also earn additional incentives totaling up to \$250 for individuals or \$500 for families by engaging in **LiveWELL** activities.

Choice Plan Members

	LiveWELL Health Assessment	Physical	Financial	Personal	Seed Money	ANNUAL TOTAL
Teammate-Only	Complete Health Assessment to start receiving incentives	\$83.33	\$83.33	\$83.34	\$500	\$750
Family		\$166.67	\$166.67	\$166.66	\$1,000	\$1,500

Teammates who participate in **LiveWELL** activities and log them into the **LiveWELL** well-being platform, and are members of the **Co-Pay Plan** or 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 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 in a **Care Management Program:**
 - Cigna Personal Care Management
 - Omada Prediabetes Program
 - Diabetes Self-Management Education and Support (DSMES)

FINANCIAL

- Financial **education** classes/consultations or webinars
- One-on-One Rx Medication Management***
- Advance 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 an **Atrium Health Champion**
- Complete the **Atrium Health Diversity Certificate Program**
- Complete and log four volunteer hours with **Atrium Health Serves***
- Complete **Mental Health First Aid** certification
- Complete **Trauma Informed Training**
- Complete one of the following on the **LiveWELL Well-being Platform:**
 - Well-being Challenge
 - 5K training program
 - Daily habit plan
 - Sidequest activity
- Complete an appropriate activity to support Atrium Health's **Sustainability Initiative**
- Atrium Health Floyd Fitness**
 - Work out 25 times per quarter

*Participation in the following incentive activities completed on or after October 14, 2023 will be accepted for 2024 incentive participation: Annual Wellness Exams, Atrium Health Serves, LiveWELL Well-being Coaching, One-on-One Rx appointments.

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Incentive Payouts

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

DEADLINE	PAYOUT
Seed Money	January 5, 2024
January 19	Mid February
May 10	Early June
October 11	Early November

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

