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

<table>
<thead>
<tr>
<th></th>
<th>Physical</th>
<th>Financial</th>
<th>Personal</th>
<th>Seed Money</th>
<th>ANNUAL TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teammate-Only</td>
<td>$83.33</td>
<td>$83.33</td>
<td>$83.34</td>
<td>$500</td>
<td>$750</td>
</tr>
<tr>
<td>Family</td>
<td>$166.67</td>
<td>$166.67</td>
<td>$166.66</td>
<td>$1,000</td>
<td>$1,500</td>
</tr>
</tbody>
</table>

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.
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</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seed Money</td>
<td>January 5, 2024</td>
</tr>
<tr>
<td>January 19</td>
<td>Mid February</td>
</tr>
<tr>
<td>May 10</td>
<td>Early June</td>
</tr>
<tr>
<td>October 11</td>
<td>Early November</td>
</tr>
</tbody>
</table>

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