

The 2024 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		LiveWELL Health Assessment	Physical	Financial	Personal	ANNUAL TOTAL
Teammate-Only	Family	Complete Health Assessment to start receiving incentives	\$250	\$250	\$250	\$750
			\$500	\$500	\$500	\$1,500
Coplay Plan Members		LiveWELL Health Assessment	Physical	Financial	Personal	ANNUAL TOTAL
Teammate-Only	Family	Complete Health Assessment to start receiving incentives	\$166.67	\$166.67	\$166.66	\$500
			\$333	\$333	\$334	\$1,000

Teammates who participate in LiveWELL activities and log them into the BestHealth for Us well-being platform and are not enrolled in a 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:**
 - MedCost Personal Care Management
 - Nutritional 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***
- 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 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
- 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 Wake Forest Baptist Fitness Center**
 - 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 <i>for</i> BI-WEEKLY TEAMMATES	PAYOUT <i>for</i> MONTHLY TEAMMATES
January 19	Mid February	Mid February to Late March
May 10	Early June	Late June to Early July
October 11	Early November	Late November to Early December

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.livewell.atriumhealth.org).

