

LiveWELL

Work | Eat | Learn | Live

TEAMMATE

Calendar

2021



Atrium Health

Set healthy goals

Carla wanted to be healthier and feel better so she connected with a Health Coach to create a plan. She began tracking her food and walking every day. After 18 months of increased exercise and improved diet, she has lost 80 lbs! Her advice is to start today, don't wait – your health is important.

Carla Gaither, R.EEGT

Chief EEG Technologist
Neurodiagnostic Services
Atrium Health Carolinas
Medical Center

WATCH



CARLA'S VIDEO

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
			DECEMBER 2020	FEBRUARY 2021	1	2
			1 2 3 4 5	1 2 3 4 5 6		
			6 7 8 9 10 11 12	7 8 9 10 11 12 13		
			13 14 15 16 17 18 19	14 15 16 17 18 19 20		
			20 21 22 23 24 25 26	21 22 23 24 25 26 27		
			27 28 29 30 31	28	New Year's Day	
3	4	5	6	7	8	9
			Total Health Portal opens, start your LiveWELL Incentives!			
10	11	12	13	14	15	16
17	18	19	20	21	22	23
	Martin Luther King, Jr. Day					
24	25	26	27	28	29	30
31						

FEBRUARY

Engage in heart-healthy activities

For a healthy heart, Dr. Koehler recommends eating foods low in saturated fats, such as the Mediterranean diet, and getting enough exercise. Options include walking for 30 minutes, 5 days a week, or cycling, jogging or hiking for 75 minutes per week.

Daniel Koehler, DO
 Cardiologist
 Atrium Health
 Sanger Heart & Vascular Institute

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
Black History Month		Groundhog Day				
7	8	9	10	11	12	13
					Atrium Health Wear Red Day	
14	15	16	17	18	19	20
Valentine's Day	Presidents' Day		Ash Wednesday			National Love Your Pet Day
21	22	23	24	25	26	27
28	JANUARY 2021 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	MARCH 2021 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31				



WATCH



DR. KOEHLER'S VIDEO

APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
		MARCH 2021 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	MAY 2021 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1	2 Good Friday World Autism Awareness Day	3
4 Easter Sunday Last day of Passover	5	6	7 World Health Day	8 Yom HaShoah (Holocaust Remembrance Day)	9 National Former POW Recognition Day	10
11	12	13 Ramadan starts	14	15 Tax Day	16 1st LiveWELL Incentive payout	17
18	19	20	21	22 Earth Day	23	24
25	26	27	28	29	30 Arbor Day	

Participate in financial health education

After Laura's daughter received a life-saving kidney transplant, she needed to take costly maintenance medications. Laura reached out to a CarolinaCARE One-on-One Rx pharmacist who helped her save thousands of dollars on prescriptions, lifting the financial burden on her family. Take advantage of LiveWELL financial health benefits and programs available to teammates.

Laura Linder, RN, PCCN
Progressive Care
Atrium Health Cleveland

WATCH



LAURA'S VIDEO

Teammates.AtriumHealth.org

Self-care is important for mental health

Self-care is critical for emotional well-being. To manage stress from work, Kimberly was encouraged by her LiveWELL Champion to take time for self-care and to utilize LiveWELL resources. She makes sure to get enough physical activity, makes healthy food choices, and participates in journaling and self-reflection to nurture her emotional health.

Kimberly Michelle Moore

Telemental Health Technician II
Behavioral Health Call Center -
Mint Hill

WATCH



KIMBERLY'S VIDEO



MAY

SUN	MON	TUE	WED	THU	FRI	SAT
						1 National Military Appreciation Month National Mental Health Awareness Month
2	3	4	5	6	7	8
9	10	11	12 Cinco de Mayo	13 National Nurses Day	14	15
16 Mother's Day	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31 Memorial Day	APRIL 2021 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		JUNE 2021 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		

JUNE

Take a whole-body approach to health

Kimberly was struggling with daily migraines and taking medication every morning before seeking medical support. By finding the right balance of medication and lifestyle changes including increased water intake, healthy food choices, limited caffeine, adequate sleep and physical activity, she was able to significantly reduce her headaches.

Kimberly Kimrey

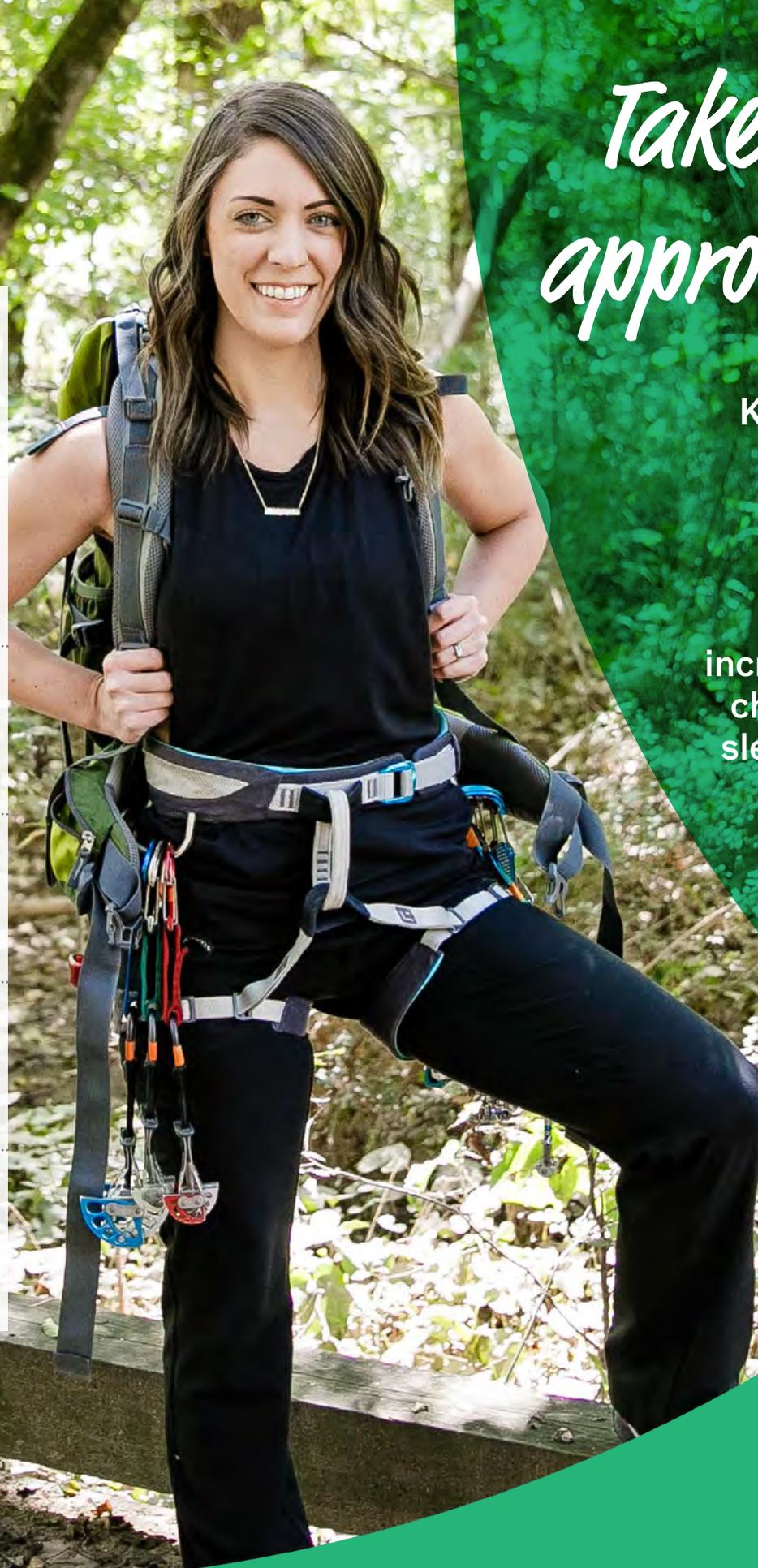
Chief EMG Tech
Neurology Service Line
Carolina Neurological Clinic

WATCH



KIMBERLY'S VIDEO

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
	Pride Month					
6	7	8	9	10	11	12
13	14 2 nd LiveWELL Incentive deadline U.S. Flag Day World Blood Donor Day	15	16	17	18	19 Juneteenth
20	21	22	23	24	25	26
Father's Day	Start of Summer					
27	28	29	30	MAY 2021 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	JULY 2021 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	
PTSD Awareness Day						



Explore care management programs

Carol enrolled in a care management program through MedCost to improve her respiratory health. A health coach developed an action plan that included physician prescribed breathing treatments, improved diet, exercise and blood pressure monitoring. Now Carol is feeling better and breathing easier.

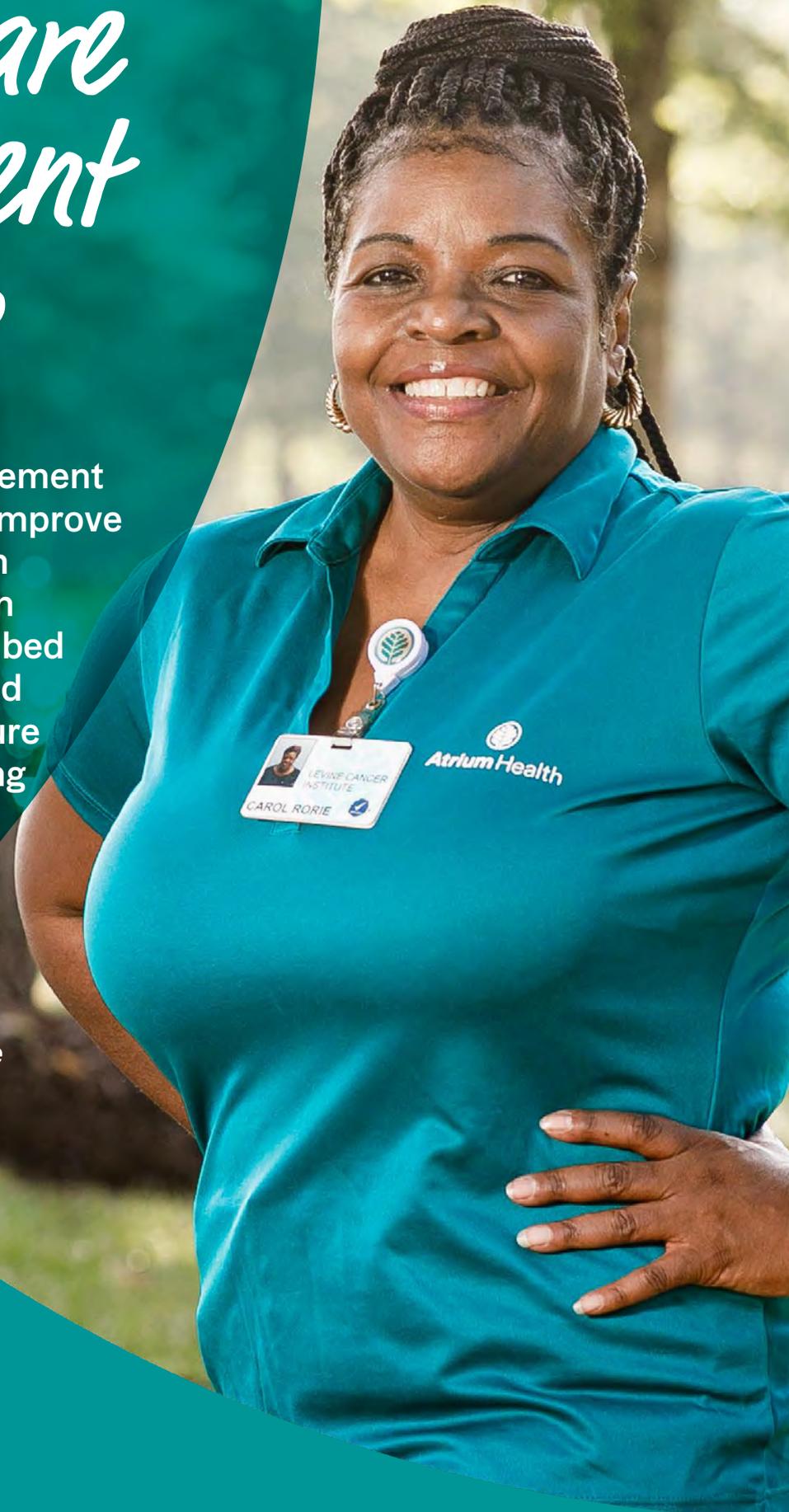
Carol Rorie

Care Coordinator
LCI Financial Clearance
Atrium Health Levine Cancer Institute

WATCH



CAROL'S VIDEO



JULY

SUN	MON	TUE	WED	THU	FRI	SAT
		<small>JUNE 2021</small> <small>AUGUST 2021</small>		1	2	3
		4	5	6	7	8
4	5	6	7	8	9	10
Independence Day	11	12	13	14	15	16
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	2nd LiveWELL Incentive payout	31
25	26	27	28	29	30	31

[Teammates.AtriumHealth.org](https://teammates.atriumhealth.org)

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
	International Day of the World's Indigenous Peoples					Purple Heart Day Navajo Code Talkers Day
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	JULY 2021	SEPTEMBER 2021		National Immunization Awareness Month

Get your preventive care exams

As a new teammate and new to the Charlotte area, Inali connected with a health coach, who introduced her to the *Find a Doctor* tool on **AtriumHealth.org**. She found an internal medicine provider and an OB/GYN so she could complete her annual wellness exams.

Inali Shah, CMA
 Women's Center of Pelvic Health
 Atrium Health Mercy

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INALI'S VIDEO

Learn about Integrative Medicine

SEPTEMBER

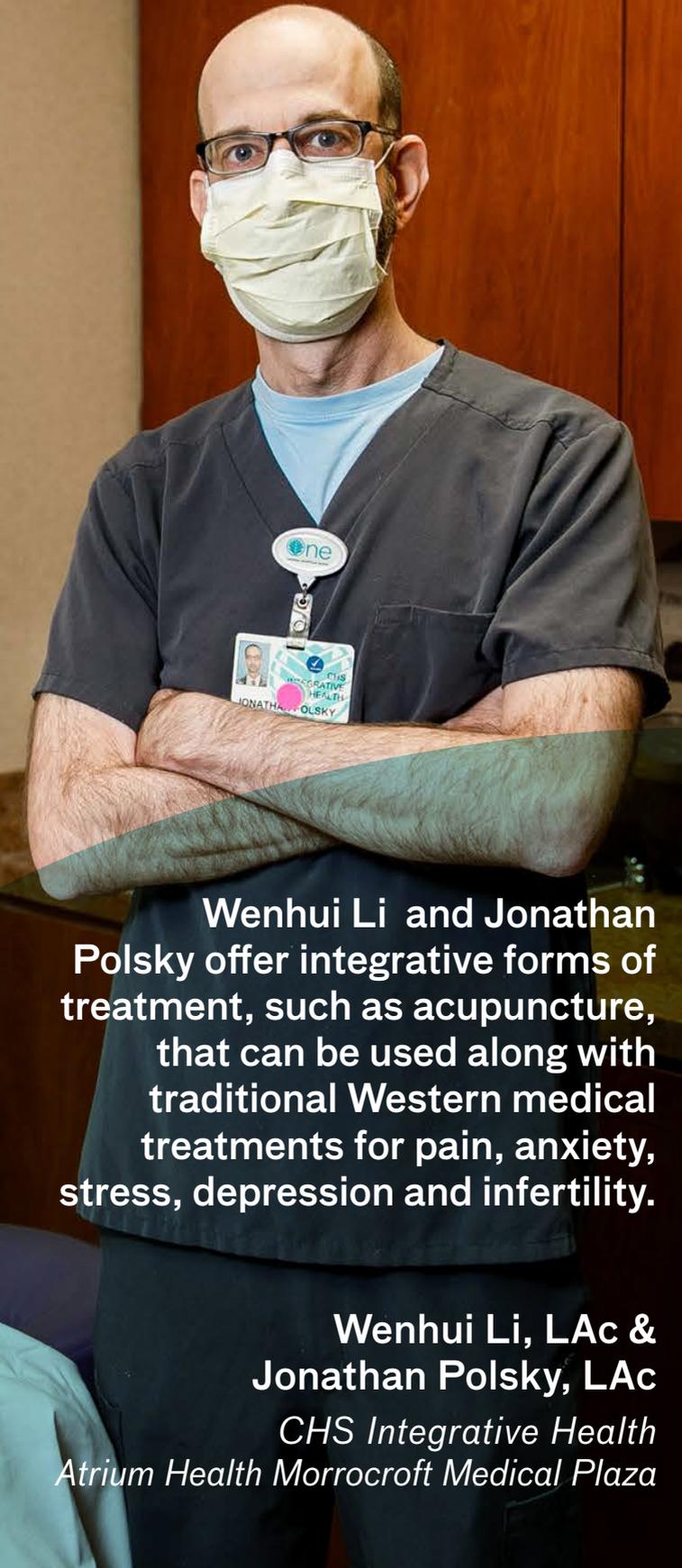


WATCH



WENHUI &
JONATHAN'S VIDEO

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	
		Hispanic Heritage Month				
5	6	7	8	9	10	11
	Labor Day	Rosh Hashanah	International Literacy Day			Patriot Day
12	13	14	15	16	17	18
				Yom Kippur starts	National POW/MIA Recognition Day	
19	20	21	22	23	24	25
			Start of Fall			
26	27	28	29	30	AUGUST 2021	OCTOBER 2021
					1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Wenhui Li and Jonathan Polsky offer integrative forms of treatment, such as acupuncture, that can be used along with traditional Western medical treatments for pain, anxiety, stress, depression and infertility.

Wenhui Li, LAc &
Jonathan Polsky, LAc
CHS Integrative Health
Atrium Health Morrocroft Medical Plaza

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
		National Disability Employment Awareness Month	SEPTEMBER 2021 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	NOVEMBER 2021 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1	2
3	4 Child Health Day	5	6	7	8	9
10 World Mental Health Day	11 Indigenous Peoples' Day	12	13 Pink & Proud Day	14	15	16 World Food Day
17	18 Final LiveWELL Incentives deadline	19	20 Birth of the Guru Granth (Sikh)	21	22	23
24	25	26	27	28	29	30
31 Halloween						

Get your mammogram

Debra found a lump in her breast through a self-exam and immediately had it evaluated by her doctor. After a bilateral mastectomy, chemotherapy and radiation treatment, she is now cancer-free. She says, "Listen to your body, do self-exams and get your yearly mammogram."

Debra Snyder

Ultrasound Technologist
Atrium Health Cabarrus
Breast Health Center

WATCH



DEBRA'S VIDEO

Get the right labs for you

Greta began her career in diabetes care and education 22 years ago. She did not know that diabetes was a global epidemic. Her mother lived with diabetes for 40 years, and because it is hereditary, Greta makes sure to get her annual wellness exam, including labs for fasting blood sugar and A1C, and is committed to a healthy lifestyle.

Greta Colson, MOA
Program Associate
Disease Management
Atrium Health Stanly

WATCH



GRETA'S VIDEO

NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
National Diabetes Month	1	2	3	4	5	6
National Native American Heritage Month						
7	8	9	10	11	12	13
Daylight Savings Time Ends				Veterans Day	Final LiveWELL Incentives payout	
14	15	16	17	18	19	20
Diwali Hindu Festival of Lights						
21	22	23	24	25	26	27
				Thanksgiving		
28	29	30	OCTOBER 2021	DECEMBER 2021		
			1 2	1 2 3 4		
			3 4 5 6 7 8 9	5 6 7 8 9 10 11		
			10 11 12 13 14 15 16	12 13 14 15 16 17 18		
			17 18 19 20 21 22 23	19 20 21 22 23 24 25		
			24 25 26 27 28 29 30	26 27 28 29 30 31		
			31			
Hanukkah begins						

Teammates.AtriumHealth.org

DECEMBER

Give to the community

Rita and her team delivered free masks to Charlotte Hispanic-owned businesses to improve the safety and well-being of the Hispanic community during the COVID-19 pandemic. She encourages Atrium Health teammates to give their time as volunteers and participate in the Atrium Health Gives campaign to care for the communities we serve.

Rita Dominguez, MPH, CHES
Project Manager
Atrium Health Community Health

SUN	MON	TUE	WED	THU	FRI	SAT
	NOVEMBER 2021 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	JANUARY 2022 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1	2	3	4
5	6 <i>Hanukkah ends</i>	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26 <i>Start of Kwanzaa</i>	27	28 <i>Start of Winter</i>	29	30	31 <i>Christmas Eve</i>	<i>Christmas</i>
					<i>New Year's Eve</i>	



WATCH



RITA'S VIDEO