

# 2019 LiveWELL Incentives

Fund your Health Savings Account (HSA) with LiveWELL Incentives by earning up to **\$750** (Teammate-Only Plan) or **\$1,050** (any Family Plan)

Access your LiveWELL Incentives any time from work, home or any mobile device:

1. Go to [HumanResources.AtriumHealth.org/LiveWELL](https://HumanResources.AtriumHealth.org/LiveWELL)
2. Select the **Total Health Portal**, then log in using your Atrium Health username and password  
For assistance with your Total Health Portal, call **855-581-9910**

## Incentives Deposited in 2019

		REWARD	2019 DEADLINE	PAYOUT
<input type="radio"/>	<b>Healthy Weight Reward</b> Maintain or achieve a healthy weight <b>and</b> waist to reduce health risks. Weight loss of 15 lbs. or more earns the full reward	<b>\$300</b>	March 15 June 7	April 19 July 12
<input type="radio"/>	<b>Family Health Incentive*</b> Be healthy together with your family by participating in well-being and prevention activities	<b>\$300</b>	Oct 4	Nov 15

\*For teammates who are enrolled in a family medical plan.

**Start Early!**  
Two Early Bird Prize Drawings:  
Complete the **Core Four** by **March 15** or **June 7**

## Incentives Deposited in 2020 | Core Four

		REWARD	2019 DEADLINE	PAYOUT
<input type="radio"/>	<b>LiveWELL Health Survey</b> Complete the Health Survey on your <b>Total Health Portal</b> Required to earn Health Coaching reward	<b>\$100</b>	Last day of Open Enrollment	Jan 2020
<input type="radio"/>	<b>Health Coaching</b> <b>855-438-0013</b> After you complete the Health Survey, schedule your appointment in your <b>Total Health Portal</b> Other Health Coaching alternatives are available	<b>\$100</b>	Last day of Open Enrollment	Jan 2020
<input type="radio"/>	<b>Financial Health</b> Complete Financial Health Education	<b>\$100</b>	Last day of Open Enrollment	Jan 2020
<input type="radio"/>	<b>Know Your Numbers**</b> <b>855-438-0011</b> <b>704-512-4296</b> Transfer normal labs completed in 2017 or 2018 for the 2019 reward. If past labs were not normal, or if labs are needed, call for an appointment at On-Site Care <b>or</b> visit your provider, then submit your labs to LiveWELL	<b>\$100</b>	October 4 ** Last day of Open Enrollment	Jan 2020

Complete the **Core Four above** and receive an additional **\$50 bonus**

\*\*Labs need to be drawn by Oct 4, then take action with one of the **Know Your Numbers** options so this Incentive is shown as achieved in Total Health Portal by end of Open Enrollment.

Pregnant, breastfeeding, underweight teammates or teammates with medical exceptions can complete a Healthy Weight Reward or Know Your Numbers Exception form found on the LiveWELL site to earn their reward.

- Once Incentives are complete, check that the reward shows as **green** and achieved in your Total Health Portal.

# 2019 Benefits and LiveWELL Contacts

CONTACTS	LINK	PHONE
LiveWELL	email: <a href="mailto:LiveWELLEvents@AtriumHealth.org">LiveWELLEvents@AtriumHealth.org</a>	704-355-8136
Total Health Portal through Applied Health Analytics	<a href="http://HumanResources.AtriumHealth.org/LiveWELL">HumanResources.AtriumHealth.org/LiveWELL</a>	855-581-9910
Bank of America Health Savings Account (HSA)	<a href="http://MyHealth.BankofAmerica.com">MyHealth.BankofAmerica.com</a>	866-731-4206
CarolinaCARE*	<a href="http://CarolinaCARERX.org">CarolinaCARERX.org</a>	866-697-6800
Benefits Administration	email: <a href="mailto:HRBenefitsOnline@AtriumHealth.org">HRBenefitsOnline@AtriumHealth.org</a>	704-631-0263
Health Coaching	Schedule your appointment online through your <b>Total Health Portal</b>	855-438-0013
On-Site Care and Know Your Numbers Appointments & Results Review*	<a href="http://HumanResources.AtriumHealth.org">HumanResources.AtriumHealth.org</a>	Toll-Free 855-438-0011 Local 704-512-4296
MedCost Programs*: - SmartStarts Maternity Program** - Diabetes Care Management - Personal Care Management	<a href="http://MedCost.com">MedCost.com</a>	800-722-2157
Empower Retirement	<a href="http://AtriumHealth.org/Retirement">AtriumHealth.org/Retirement</a>	866-247-0970

\*Health Coaching alternatives

\*\* SmartStarts Maternity Program: start before 20 weeks gestation

To learn more about the LiveWELL Wellness Programs and Protections from Disclosure of Medical Information, please visit [HumanResources.AtriumHealth.org/LiveWELL](http://HumanResources.AtriumHealth.org/LiveWELL).

**Terms and Conditions:** This program is designed for your benefit and is based on the honor system, so you must honestly and accurately report all activities about your wellness achievements. These declarations may be verified on a random basis. If any claim is found to be untrue, there will be consequences, including the immediate cancellation of your LiveWELL Incentive reward.

We are committed to helping you achieve your best health. Rewards for participating in LiveWELL are available to all teammates participating in our health plan. If you think you might be unable to receive a reward, you might qualify for an opportunity to earn the same reward by different means. Teammates who cannot participate due to religious or other reasons should call us at 704-355-8136, and we will work with you (and if you wish, your provider) to find a wellness program with the same reward that is right for you.

Atrium Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.