

# 2017 CHS LiveWELL Incentives



Early-Bird  
Prize Drawing  
**June 9, 2017.**  
Details on back.

**FUND YOUR HEALTH SAVINGS ACCOUNT (HSA) WITH CHS LIVEWELL INCENTIVES BY EARNING UP TO \$750 FOR TEAMMATE ONLY COVERAGE OR \$1,050 FOR FAMILY COVERAGE.**

Access your CHS LiveWELL Incentives any time from work, home or any mobile device at [LiveWELL.CarolinasHealthCare.org/Incentive](http://LiveWELL.CarolinasHealthCare.org/Incentive).

Select the Total Health Portal, then log in using your CHS username and password.

For log-in assistance with your Total Health Portal call: 855-581-9910.

INCENTIVE		REWARD
<b>LiveWELL Health Survey</b>	Learn about your health risks and opportunities for improvement	<b>\$100</b>
<b>Health Coaching</b>	Speak with a coach to identify and stay on track with your health goals Alternatives available on <a href="http://LiveWELL.CarolinasHealthCare.org/Incentive">LiveWELL.CarolinasHealthCare.org/Incentive</a>	<b>\$100</b>
<b>Know Your Numbers</b>	Know Your Numbers to maintain or improve your health	<b>\$100</b>
<b>Financial Health and Virtual Tools</b>	Take advantage of education, tools and resources available to help you become an informed healthcare consumer	<b>\$100</b>
<b>▲ COMPLETE ALL FOUR ABOVE AND RECEIVE A \$50 BONUS ▲</b>		
<b>Healthy Weight Reward</b>	Maintain or achieve a healthy weight/waist to reduce health risks <b>New!</b> Weight loss of 15 lbs. or more earns the full reward	<b>\$300</b>
<b>Family Health Incentive*</b>	Be healthy together with your family by participating in wellness and prevention activities	<b>\$300</b>

*\*For teammates who are enrolled in a family plan under the CHS LiveWELL Health Plan (medical insurance)*

Eligible teammates have an opportunity to earn up to \$450 in alternative CHS LiveWELL Incentives by participating in a MedCost Care Management Program. Contact MedCost at 800.722.2157 or [PersonalCareManagement@Medcost.com](mailto:PersonalCareManagement@Medcost.com) to find out if you qualify.

Pregnant, breastfeeding or underweight teammates can complete a Healthy Weight Reward or Know Your Numbers alternative/exception form on our website to earn their reward.

We are committed to helping you achieve your best health. Rewards for participating in CHS 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.

**See reverse side for incentive deadlines and HSA deposit dates.**

For questions about CHS LiveWELL call 704.355.8136 or email [LiveWELLEvents@CarolinasHealthCare.org](mailto:LiveWELLEvents@CarolinasHealthCare.org)

# 2017 CHS LiveWELL Incentives

## INCENTIVE DEADLINES AND HSA DEPOSIT DATES

<b>Healthy Weight Reward Goal and Family Health Incentive</b> completed by:	Deposited into <b>Your HSA</b> after pay period dated:
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March 3, 2017 → April 7, 2017

June 9, 2017 → July 14, 2017

September 15, 2017 → October 20, 2017

▼ COMPLETE ALL FOUR BELOW BY JUNE 9, 2017 FOR A CHANCE TO WIN AN EARLY-BIRD PRIZE ▼

<b>Know Your Numbers</b> completed by:	Deposited into <b>Your HSA</b> :
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September 15, 2017 → January 2018

<b>Health Survey, Health Coaching, and Financial Health &amp; Virtual Tools</b> completed by:	Deposited into <b>Your HSA</b> :
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Last day of Open Enrollment in the fall of 2017 → January 2018

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### OTHER IMPORTANT NUMBERS

- Bank of America, Health Savings Account 866.731.4206
- CarolinaCARE One-on-One Rx 704.512.6800
- CHS Benefits Administration 704.631.0263
- CHS Health Coaching 855.438.0013
- CHS On-Site Care and Know Your Numbers appointments 704.512.3971
- MedCost Smart Starts Maternity Program and MedCost Care Management 800.722.2157

To learn more about the CHS LiveWELL Notice Concerning Employee Wellness Programs and Protections from Disclosure of Medical Information, please visit [LiveWELL.CarolinasHealthCare.org/Incentive](http://LiveWELL.CarolinasHealthCare.org/Incentive).

**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 CHS LiveWELL Incentive reward.

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

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-368-1019 (TTY: 1-800-537-7697).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-368-1019 (TTY: 1-800-537-7697)

CHS LI - Revised 1/6/2017  30% PCW



Carolinas HealthCare System

