

LiveWELL Compassion/Self-Care Resources for Teammates

PROGRAM	DAYS/TIMES AVAILABLE	CONTACT INFORMATION	COST
AHEC Integrative Therapy Online Modules			
Online modules dedicated to integrative health/therapy education and practices	Courses can be accessed 24 hours a day, during a time that is convenient to the participant	CharlotteAHECcelink@AtriumHealth.org or call 704-512-6523	No cost
Audio Files for Abdominal Breathing and Relaxation			
Guided imagery and other exercises to promote self-care	Available at your leisure. The link to the right is accessible from work or home	https://humanresources.atriumhealth.org/LiveWELL/Prevention-and-Wellness/Resilience	No cost
Employee Assistance Program			
A benefit to address personal concerns. Available to all Atrium Health teammates, regardless of benefit status. Online resources, in-person counseling and webinars are available	Appointments available upon request at any one of five locations in Charlotte, Concord, Monroe, Shelby or Charleston, SC	704-355-5021 800-384-1097	The first six visits with an EAP counselor are offered at no cost to teammates and their family members
Group Fitness and Fitness Centers			
Throughout Atrium Health for teammates	See Group Fitness schedule	LiveWELL Group Fitness or PeopleConnect>LiveWELL>Fitness>Fitness Calendar	Most classes are at no cost to teammates Fitness Center discounts are available on PeopleConnect
Yoga and Pilates			
	<p style="color: #8e24aa;">LiveWELL Office 801 East Blvd.</p> <p>PiYo (mix of Yoga and Pilates) Wednesdays 6:00 -7:00 p.m.</p> <p style="color: #8e24aa;">Atrium Health Cleveland</p> <p>Tai Chi, Mondays, 4:15-5:15 p.m. Yoga, Tues & Thurs 5:15-6:15 p.m.</p> <p style="color: #8e24aa;">Lincoln, MOB #1 Oak Room</p> <p>Yoga, Wednesdays 5:15 - 6:15 p.m.</p> <p style="color: #8e24aa;">NorthEast Internal and Integrative Medicine</p> <p>Call for schedule</p>	<p>LiveWELL - 704-355-8136</p> <p>Cleveland - Kristy Arrowood 980.487.3659</p> <p>Lincoln - Kevin Johnson 980-212-1351</p> <p>NorthEast - 704-403-7050</p>	<p>No cost to teammates; no registration required, just show up at 801 East Blvd, Atrium Health Cleveland or Lincoln</p> <p>There is a fee at NorthEast</p>
Health Coaching			
Health Coaches partner with teammates to achieve health goals and suggest ways to increase work and personal life balance	<p>Coaches are available Weekdays 8:00 a.m.- 8:00 p.m. and Weekends 8:00 a.m. - 5:00 p.m.</p> <p>Make an appointment on your Total Health Portal; call your coach at your scheduled time</p>	855-438-0013	No cost to teammates, regardless of benefit status

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Pet Therapy			
Pets can brighten anyone’s day. Atrium Health Pet Therapy pets are well-trained to deliver happiness wherever they visit.	Email for availability	Volunteer Services of each hospital	No cost
Physical Healing Spaces/Prayer and Meditation Rooms			
These spaces and locations are designed to offer teammates and patients a place to replenish and unwind.	Carolinas Medical Center rooftop garden; CMC Mercy Healing Garden and Meditation Room; NorthEast Labyrinth and Teaching Garden; Atrium Health University City Teaching Garden	Visit the location of your choice	No cost
Acupuncture			
	Appointments available by prescription or by request at Carolinas Medical Center, SouthPark and CMC-Mercy NorthEast Internal and Integrative Medicine	www.AtriumHealth.org/Integrative-Health Call 704-403-7050	Costs vary Initial Visit \$125, then \$75/hr
Aromatherapy			
The system-wide Inhaled Clinical Aromatherapy (ICA) policy . Licensed personnel are allowed to provide aromatherapy to patients. Essential oils and supplies are available through Emerald		Orders can be made through Emerald	Costs vary Pricing available in Appendix C of the Inhaled Clinical Aromatherapy policy
LiveWELL Spa CDs			
Relaxation and guided imagery CDs designed to help with relaxation and therapeutic breathing	Available from LiveWELL	LiveWELLEvents@AtriumHealth.org or call 704-355-8136	Call for availability
Massage Therapy			
Massage is one way to rejuvenate the mind, body and spirit. Other times/locations available to groups by contacting LiveWELL at 704.355.8136	Airport Center, Building G CMC-Mercy, available 7 days per week NorthEast Internal and Integrative Medicine Monday-Friday 8am-5pm	Visit https://humanresources.atriumhealth.org/LiveWELL/Prevention-and-Wellness/Resilience Call 704-304-5003 Call 704-403-7050	\$60/hr Contact LiveWELL to schedule group, chair massage \$50/60 minutes \$80/90 minutes \$32.50/30 minutes or \$65/hr