

# 2019 LiveWELL Incentives Healthy Weight Reward Form

**PROGRAM PERIOD: January 7, 2019 – October 4, 2019**

Please keep this form until you reach your goal AND reward for the \$300 Healthy Weight Reward

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Required Employee ID# Find six-digit ID# by your name on paycheck					
Last Name (print legibly)			First Name		MI
Birth Date	mo/	day/	year	Circle One	Male Female Preferred Phone

- Goal Met:** Submit only one form completed by an Acceptable Professional. Height, weight and waist (if needed), must be in one of the Reward Goal Zones
- Goal Not Met:** Submit a second form with rewardable measurement, if initial measurements are not in one of the Reward Goal Zones
  - Weight loss reward calculation: last weight recorded with LiveWELL in 2018 will be used as your start weight, unless a new start weight in 2019 is submitted
- The teammate must submit this form by fax 704.446.1635 or scan and email a PDF version (photographs cannot be processed) to [LiveWELLRewards@AtriumHealth.org](mailto:LiveWELLRewards@AtriumHealth.org)**

Measurements must be completed with no shoes, light clothing, by an *Acceptable Professional* (see reverse side).

Pregnant, breastfeeding, underweight or teammates with medical exceptions can complete a Healthy Weight Reward Exception Form or Maternity/New Mother Exception Form found at <https://HumanResources.AtriumHealth.org/LiveWELL/Resources/LiveWELL-forms> to qualify for the Healthy Weight Reward

<b>Measurement Date</b>	<i>Required</i>	mo/ day/ year					
<b>Height</b>	<i>Required</i>	<b>Weight</b>			<i>Required</i>	<b>Waist Measurement</b>	
No shoes, height may not be self-reported		No shoes, light clothing			Tape placed level, slightly higher than top of hip bones. Pant size is NOT waist measurement.		
Measure to nearest 1/4 inch		To nearest 1/10th pound		To nearest 1/4 inch			
	Feet Inches Fraction		Pounds Tenths		Inches Fraction		

<b>Acceptable Professional Verification:</b> Signature acknowledges that you completed these measurements accurately on the date above	<b>GOAL:</b>	
	<b>DEADLINE:</b> (circle one)	March 15, 2019 June 7, 2019 October 4, 2019
PRINTED Name		
Signature	Practice name	

## FIND YOUR REWARD GOAL ZONE TO QUALIFY FOR THE HEALTHY WEIGHT REWARD (HWR)

START HERE Find your height below then find your weight in the same row	HEALTHY WEIGHT REWARD GOAL ZONES (Risk Zones)**		
	GREEN ZONE \$300 Weight Reward	YELLOW ZONE \$300 Weight & Waist	ORANGE ZONE \$300 for Weight loss
	Reward if weight is in zone below. Note: If weight <b>is below</b> this zone complete HWR Exception Form	Reward if weight is in zone below <b>and</b> waist equal or less than: 35" for women OR 40" for men	If weight is at or above amount below, earn HWR for 15 lb. weight loss
Height is measured to nearest 1/4 inch. Weight goal is adjusted proportionately.  Pregnant, breastfeeding or those with medical exceptions can complete the Healthy Weight Reward Exception Form.	58" (4ft 10in)	88 – 119	119 - 143
	59" (4ft 11in)	91 – 124	124 - 148
	60" (5ft)	94 – 128	128 - 153
	61" (5ft 1in)	97 – 132	132 - 159
	62" (5ft 2in)	100 – 136	136 - 164
	63" (5ft 3in)	104 – 141	141 - 169
	64" (5ft 4in)	107 – 145	145 - 175
	65" (5ft 5in)	110 – 150	150 - 180
	66" (5ft 6in)	114 – 155	155 - 186
	67" (5ft 7in)	117 – 159	159 - 191
	68" (5ft 8in)	121 – 164	164 - 197
	69" (5ft 9in)	124 – 169	169 - 203
	70" (5ft 10in)	128 – 174	174 - 209
	71" (5ft 11in)	131 – 179	179 - 215
	72" (6ft)	135 – 184	184 - 221
	73" (6ft 1in)	139 – 189	189 - 227
	74" (6ft 2in)	143 – 195	195 - 234
	75" (6ft 3in)	147 – 200	200 - 240
76" (6ft 4in)	150 – 205	205 - 246	
77" (6ft 5in)	154 – 211	211 - 253	
78" (6ft 6in)	158 – 216	216 - 260	

\*\*Source: National Heart Lung and Blood Institute

## ACCEPTABLE PROFESSIONALS

Your Personal Physician	Weight Watchers Leader (in-person)
LiveWELL Consultants	Carolinas Weight Management (for patients only)
Teammate Health Staff	Registered LiveWELL Healthy Weight Reward Champions for remote locations
On-Site Care Staff	See LiveWELL webpage for more

## WHY IT'S IMPORTANT TO HAVE A HEALTHY WEIGHT

The HWR is meant to encourage action needed to maintain or improve your health. High body weight may increase the risk of many health problems, including diabetes, heart disease, and certain cancers. The risk of developing Type 2 diabetes is 7 times greater for women if weight for height is in the high-risk (**ORANGE**) zone versus the low-risk (**GREEN**) zone (see chart on other side for zones). Losing 5 to 10% of body weight can reduce risk of developing diabetes by 50% or more.

## HOW DO I SUBMIT MY COMPLETED FORM(S) TO EARN THE \$300 HWR?

- Fax forms to **704.446.1635**
- **OR** Scan and email a PDF version (photographs cannot be processed) to [LiveWELLRewards@AtriumHealth.org](mailto:LiveWELLRewards@AtriumHealth.org)
- Receipt of your form is confirmed by Atrium Health email - **Keep your completed form(s) until reward is paid**

## DEADLINES TO SUBMIT FORMS AND PAYOUT INFORMATION

**Important note:** Rewards are paid into your HSA if you are enrolled in the LiveWELL Health Plan (medical plan), have an active HSA and are personally contributing to your 2019 HSA.

[If there is no active HSA, reward is paid to your earnings and the \\$300 HWR will be taxed.](#)

- Rewardable form submitted on or before **3/15/19** deposits after **4/19/19** payroll (if paid monthly, deposit is May)
- Rewardable form submitted on or before **6/7/19** deposits after **7/12/19** payroll (if paid monthly, deposit is August)
- Rewardable form submitted on or before **10/4/19** deposits after **11/15/19** payroll (if paid monthly, deposit is December)

## HOW DO I KNOW I WILL RECEIVE THE HWR?

- Confirmation of HWR will appear as **GREEN** and *Achieved* in your Total Health Portal (allow 2 weeks processing time)
- If an expected, rewardable HWR does not post within 2 weeks of submission, please call **704.355.8136**
- You must be enrolled in the LiveWELL Health Plan (medical plan) at the time of payout


## HELPFUL WEIGHT LOSS RESOURCES

- Consult a LiveWELL Health Coach 855.438.0013
- Complete a LiveWELL webinar
- Track food and activity with MyFitnessPal or Lose It! apps
- Get a Medical Nutrition Therapy referral for dietitian consultation
- Participate in Weight Watchers® or other weight management program
- See more resources on the LiveWELL website

**Terms and Conditions:** 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. Pregnant, breastfeeding or underweight teammates and teammates who cannot participate due to religious or other reasons should call us for an alternate reward option.

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.

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

 Printed on Recycled Paper

HWR - Revised 12/15/2018