



LiveWELL  
*Calendar*

2019



*Teammates,*

**At Atrium Health, the health and well-being of our teammates are top priorities.** One of the important ways we support you is through the programs and resources offered by LiveWELL.

I am proud to share that in 2018, more than:

- **24,000** teammates earned at least one LiveWELL incentive
- **\$14 million** dollars were deposited into teammates' Health Savings Accounts
- **7,000** teammates participated in fitness classes
- **2,000** teammates participated in walks, hikes and Fitness in the Park
- **1,000** teammates participated in intramurals and one-day events

Clearly, you are making choices to improve your health. Additionally, LiveWELL was recognized by the American Heart Association with the highest-level Workplace Health Achievement Award as featured in *Forbes* magazine, and we are a recipient of the Best Employers for Healthy Lifestyles Award from the National Business Group on Health for the seventh year in a row.

In this calendar, you will find information to help you partner with LiveWELL all year long to maintain or improve your physical, financial and personal health.

In 2019, I encourage you to continue to improve your health and take advantage of the many resources LiveWELL provides to help you reach your goals.

For more information about LiveWELL, visit [HumanResources.AtriumHealth.org](http://HumanResources.AtriumHealth.org).

Wishing you a healthy and happy 2019!

Live WELL,

**Jim Dunn, PhD, DHA**

System Chief Human Resources Officer  
Atrium Health

*Carolinas HealthCare System is Atrium Health*



# 2019

## JANUARY

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

## FEBRUARY

1 2  
3 4 5 6 7 8 9  
10 11 12 13 14 15 16  
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24 25 26 27 28

## MARCH

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3 4 5 6 7 8 9  
10 11 12 13 14 15 16  
17 18 19 20 21 22 23  
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31

## APRIL

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

## MAY

1 2 3 4  
5 6 7 8 9 10 11  
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19 20 21 22 23 24 25  
26 27 28 29 30 31

## JUNE

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## JULY

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28 29 30 31

## AUGUST

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## SEPTEMBER

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## OCTOBER

1 2 3 4 5  
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13 14 15 16 17 18 19  
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27 28 29 30 31

## NOVEMBER

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24 25 26 27 28 29 30

## DECEMBER

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

## Holidays & Observances

- JAN 1** New Year's Day
- JAN 21** Martin Luther King Jr. Day
- FEB 14** Valentine's Day
- FEB 18** Presidents' Day
- MAR 10** Daylight Saving begins
- MAR 17** St. Patrick's Day
- APR 1** April Fool's Day
- APR 15** Tax Day
- APR 19** Good Friday
- APR 21** Easter
- APR 22** Earth Day
- MAY 5** Cinco de Mayo
- MAY 12** Mother's Day
- MAY 27** Memorial Day
- JUN 14** Flag Day
- JUN 16** Father's Day
- JUL 4** Independence Day
- SEP 2** Labor Day
- OCT 8** Yom Kippur begins
- OCT 14** Columbus Day
- OCT 31** Halloween
- NOV 3** Daylight Saving ends
- NOV 5** Election Day
- NOV 11** Veterans Day
- NOV 28** Thanksgiving Day
- DEC 22** Hanukkah begins
- DEC 25** Christmas Day
- DEC 26** Kwanzaa begins
- DEC 31** New Year's Eve

# JANUARY

## *New Year, Renew You*

Cathy wanted to start her new year like no other. She realized true transformation is an inside job that requires faith plus better lifestyle choices. Today, Cathy is fulfilling her mission to walk at least three miles daily and shares her journey with her online supporters using #5KEveryDay.

### **Cathy Parker**

Administrative Assistant  
Medical Group Finance

### NEW YEAR *Checklist*

- Get started on your LiveWELL Incentives
- Start the year off right with help from a LiveWELL Health Coach
- Make one small change and stick with it through 2019 (more water, less soda, more veggies)

**FOR MORE, VISIT:**  
[HumanResources.AtriumHealth.org/Calendar-Checklist](https://HumanResources.AtriumHealth.org/Calendar-Checklist)





# JANUARY

2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																		
		1 New Year's Day	2	3	4	5																																																																																		
6 LiveWELL Indoor Volleyball Intramurals begin	7 2019 LiveWELL Incentives begin	8	9	10	11 Payout for Core Four Incentives earned in 2018	12																																																																																		
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20 LiveWELL Outdoor Soccer Intramurals begin	21 Martin Luther King Jr. Day	22	23	24 LiveWELL Total Health Event at Atrium Health Anson	25	26																																																																																		
27	28	29 LiveWELL Total Health Event at Atrium Health Lincoln	30 LiveWELL Total Health Event at CHS Stanly	31 LiveWELL Total Health Event at Levine Children's Hospital	<p><b>DECEMBER 2018</b></p> <table border="1"> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table> <p><b>FEBRUARY 2019</b></p> <table border="1"> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td></td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td></td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td></td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td></td><td></td><td></td></tr> </table>								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			
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# FEBRUARY

## *Heart Health*

Heart health symptoms often show up differently in women than men. Carol is thankful she got checked for the pain in her collarbone and swollen leg, which revealed a life-threatening blockage in her heart that required a stent. To keep her heart healthy, Carol cycles regularly and maintains a vegan diet.

### **Carol McCall-Davis, BSRT, (R), (T)**

Radiation Therapist  
Levine Cancer Institute, Cleveland

## HEART HEALTH *Checklist*

- Earn \$100 with the Know Your Numbers Incentive
- Choose fruits and vegetables over foods high in fat
- Participate in Heart Health Month events and activities

**FOR MORE, VISIT:**  
[HumanResources.AtriumHealth.org/Calendar-Checklist](https://HumanResources.AtriumHealth.org/Calendar-Checklist)





# FEBRUARY

2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5 LiveWELL Total Health Event at Atrium Health Cleveland	6 LiveWELL Total Health Event at Atrium Health Union	7 LiveWELL Total Health Event at Atrium Health Kings Mountain	8	9 Atrium Health Indoor Wacky Winter Games
10	11	12 LiveWELL Total Health Event at Atrium Health Waxhaw	13 LiveWELL Total Health Event at Behavioral Health - Charlotte	14 <b>Atrium Health Wear Red Day</b> Valentine's Day LiveWELL Total Health Event at CMC	15	16
17	18 Presidents' Day	19 LiveWELL Total Health Event at Carolinas Rehabilitation	20 LiveWELL Total Health Event at CHS NorthEast Mobile Mammography Airport Center, Bldg. O Appts: 704.403.1729	21 LiveWELL Total Health Event at Airport Center, Bldg. K	22	23
24	25	26 LiveWELL Total Health Event at Atrium Health University City	27 LiveWELL Total Health Event at Atrium Health Pineville	28 LiveWELL Total Health Event at Behavioral Health - Davidson	<p><b>JANUARY 2019</b></p> <p>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</p> <p><b>MARCH 2019</b></p> <p>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</p>	

# MARCH

## *Nutrition is Everything*

Eating healthy is a team effort at the Core Lab. Modena, VP of Laboratory Services, leads by example through her own weight loss, meal preparation parties and adding healthier snack options to the office junk food drawer. Gayle keeps the team motivated with informal health coaching. Together, the team has lost weight, changed their eating habits and holds friendly competitions to keep each other on track.

**Orson Penny, Kheinde Odofin, Rachael Pean,  
Gayle Lyons, Modena Henderson**

Core Lab, Laboratory Services

## NUTRITION *Checklist*

- Earn your Healthy Weight Reward
- Review nutrition tips provided by LiveWELL
- Give your health a boost by taking a nutrition challenge

**FOR MORE, VISIT:**

[HumanResources.AtriumHealth.org/Calendar-Checklist](https://HumanResources.AtriumHealth.org/Calendar-Checklist)





# MARCH

2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>FEBRUARY 2019</p> <p>1 2</p> <p>3 4 5 6 7 8 9</p> <p>10 11 12 13 14 15 16</p> <p>17 18 19 20 21 22 23</p> <p>24 25 26 27 28</p>	<p>APRIL 2019</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30</p>				1	2
3	4	5	6	7	8	9
			<p>LiveWELL Total Health Event at CMC - Mercy</p>		<p>Atrium Health Bowling Extravaganza Events at PSH/Northcross</p>	
10	11	12	13	14	15	16
<p>Daylight Saving begins</p>					<p>Healthy Weight Reward and Family Health Incentive deadline (1 of 3)</p>	
17	18	19	20	21	22	23
<p>St. Patrick's Day</p>						
24	25	26	27	28	29	30
31	<p>LiveWELL Sand Volleyball Intramurals begin</p>					<p>LiveWELL Walk With Your Leaders at Atrium Health Kings Mountain</p>

# APRIL

## *Financial Health*

Pat met with an Atrium Health pharmacist through the CarolinaCARE One-on-One Rx program. She is grateful she had the opportunity to meet face-to-face with a pharmacist during a LiveWELL Total Health Event. The pharmacist made recommendations that resulted in a \$150/month savings in Pat's prescription costs.

### **Patricia Clayton, RN**

Medical Audit and Appeals  
Patient Financial Services

### FINANCIAL HEALTH *Checklist*

- Earn \$100 with the Financial Health Incentive
- Check your HSA balance with Bank of America to see what you and Atrium Health have contributed
- Consider increasing your retirement savings by 1% on the Empower website

**FOR MORE, VISIT:**

*HumanResources.AtriumHealth.org/Calendar-Checklist*





# APRIL

# 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 April Fool's Day	2 LiveWELL Walk With Your Leaders at Atrium Health Pineville	3 LiveWELL Walk With Your Leaders at Atrium Health University City	4	5	6
7	8	9 LiveWELL Cornhole Intramurals begin	10	11	12	13
14	15 Tax Day	16 LiveWELL Walk With Your Leaders at Atrium Health Lincoln	17 Mobile Mammography Airport Center, Bldg. O Appts: 704.403.1729	18	19 Good Friday Healthy Weight Reward and Family Health Incentive deposited after this date	20
21 Easter	22 Earth Day	23	24	25 LiveWELL Walk With Your Leaders at Atrium Health Union	26	27 LiveWELL Fitness in the Park
28	29	30			<b>MARCH 2019</b> 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	<b>MAY 2019</b> 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

## *Mental Health Matters*

Adria is passionate about mental health because it has such an impact on overall well-being. She wants to be sure all teammates know they, and their family members, can have six free visits with a counselor in a comfortable, confidential environment through our Employee Assistance Program (EAP).

### **Adria Chambers**

Program Coordinator/Behavioral Health  
Employee Assistance Program

### MENTAL HEALTH *Checklist*

- Use your Employee Assistance Program (EAP) benefits and resources
- Visit the LiveWELL Resilience page for mental health resources
- Check out a LiveWELL fitness class near you

**FOR MORE, VISIT:**

*HumanResources.AtriumHealth.org/Calendar-Checklist*





# MAY

# 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>APRIL 2019</p> <p>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</p>	<p>JUNE 2019</p> <p>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</p>		1	2	3	4
5  Cinco de Mayo	6	7	8  Atrium Health Has Talent Grand Finale	9  LiveWELL Walk With Your Leaders at CMC - Mercy	10	11
12  Mother's Day	13	14	15	16  LiveWELL Walk With Your Leaders at Behavioral Health - Charlotte	17	18  Atrium Health Teammate Field Day
19	20	21	22	23	24	25
26	27  Memorial Day	28	29	30	31	

# JUNE

## Family Health

Walking and hiking together always have been an important part of Katy and Kirby's lives. The two Atrium Health teammates decided to add one more fitness friend when they adopted their puppy, Lenny. Their newest, furry family member has helped take their fitness to a new level of fun.

### Katy & Kirby Methven

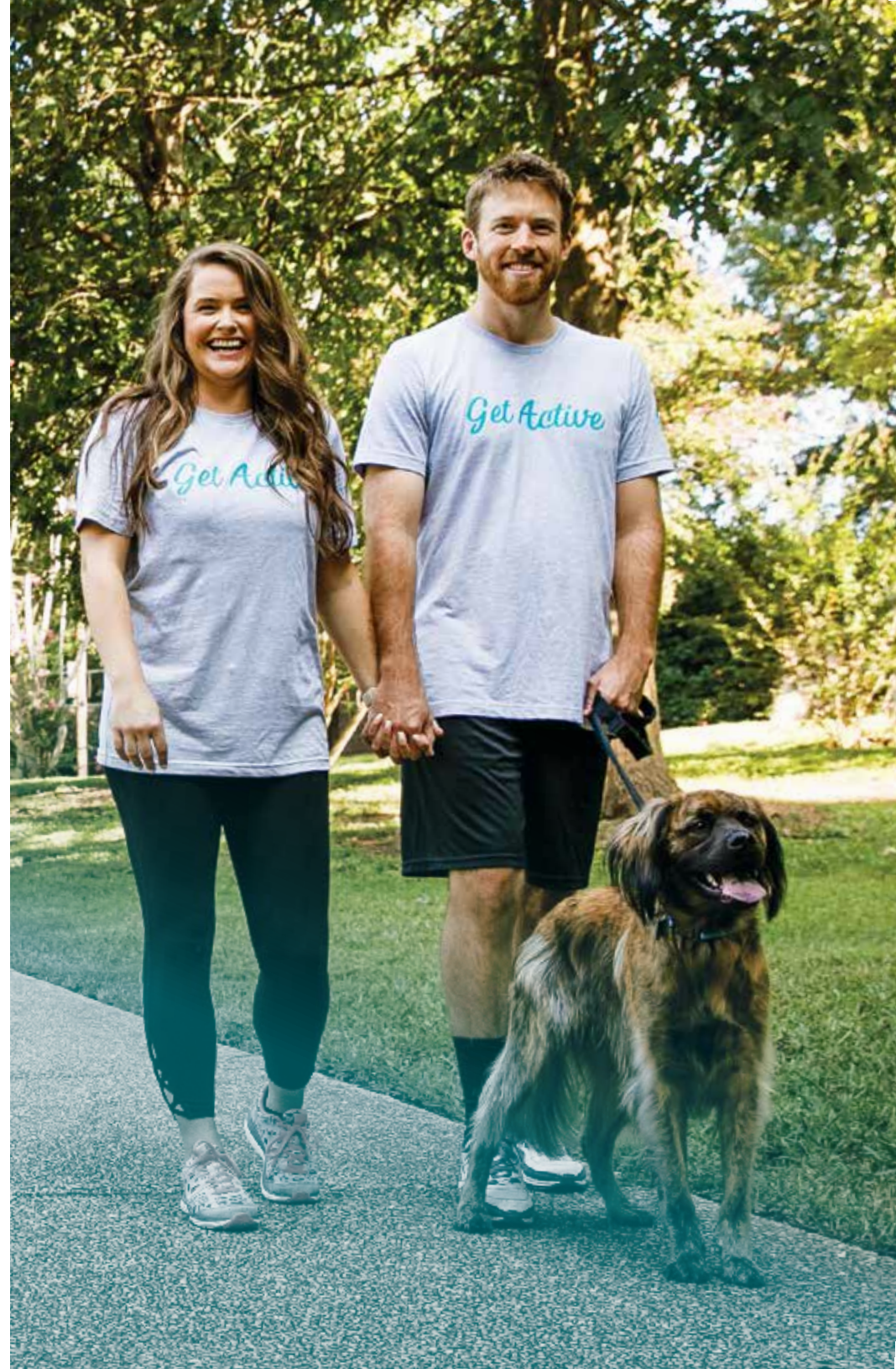
Work Management Operations/Human Resources  
Patient Accounting/Patient Financial Services

### FAMILY HEALTH Checklist

- Earn \$300 with the Family Health Incentive by taking a survey
- Be active as a family
- Learn about caring for an elderly parent using Dependent Back-Up Care

**FOR MORE, VISIT:**

[HumanResources.AtriumHealth.org/Calendar-Checklist](https://HumanResources.AtriumHealth.org/Calendar-Checklist)





# JUNE

2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>MAY 2019</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>	<p>JULY 2019</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30 31</p>					1
2	3	4  LiveWELL Total Health Event at Atrium Health Lincoln	5	6  LiveWELL Kickball Intramurals begin	7  Healthy Weight Reward and Family Health Incentive deadline (2 of 3)	8
9	10	11	12	13	14  Flag Day	15
16  Father's Day	17	18	19  LiveWELL Total Health Event at Atrium Health Cleveland Mobile Mammography Airport Center, Bldg. O Appts: 704.403.1729	20	21	22  Atrium Health Footgolf Event
23  30	24	25	26	27	28	29

# JULY

## *Exercise & Fitness*

Lisa decided to celebrate her 40th birthday with the gift of better health. She enrolled in the P.R.I.M.E. Personal Training Program, offered through Atrium Health Sports Medicine. Through hard work and support from trainer Hunter Yard, Lisa gained confidence to achieve goals, learned proper weight lifting techniques and lost over 60 pounds!

### **Lisa Norton**

Senior Staff Assistant  
Department of Physical Medicine and Rehabilitation

### **Hunter Yard**

Exercise Specialist  
Carolinas Rehabilitation Randolph

## EXERCISE & FITNESS *Checklist*

- Check the LiveWELL Fitness page to learn about fitness opportunities
- Register to walk, jog or run in a LiveWELL Race Series event
- Commit to stand or take a short walk every 30 minutes

#### **FOR MORE, VISIT:**

[HumanResources.AtriumHealth.org/Calendar-Checklist](https://HumanResources.AtriumHealth.org/Calendar-Checklist)





# JULY

# 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 Independence Day	5	6
7	8	9	10 LiveWELL Total Health Event at Carolinas Rehabilitation	11	12 Healthy Weight Reward and Family Health Incentive deposited after this date	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31		<b>JUNE 2019</b> 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	<b>AUGUST 2019</b> 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

# AUGUST *Prevention*

Dr. Joel Napeñas wants to encourage patients to talk to their providers about oral cancer screenings. Did you know an oral cancer screening should be a part of every dental exam? This includes a close look at all tissues in your mouth, not just your teeth. Atrium Health dental insurance covers two preventive visits a year, at no cost.

## **Joel J. Napeñas, DDS**

Department of Oral Medicine  
Carolinas Medical Center

### PREVENTION *Checklist*

- Take Time Out for Prevention: paid time for preventive care
- Schedule an annual wellness exam: it's the best way to make sure you're healthy
- Get your vision and dental screenings

**FOR MORE, VISIT:**

*[HumanResources.AtriumHealth.org/Calendar-Checklist](https://www.humanresources.atriumhealth.org/Calendar-Checklist)*





# AUGUST

2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>JULY 2019</b></p> <p>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</p>	<p><b>SEPTEMBER 2019</b></p> <p>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</p>			1	2	3
4	5	6	7	8	9	10
11	12	13	14 LiveWELL Total Health Event at Atrium Health Kings Mountain	15 LiveWELL Total Health Event at Atrium Health Union	16	17
18	19	20 LiveWELL Total Health Event at Levine Children's Hospital	21 Mobile Mammography Airport Center, Bldg. O Appts: 704.403.1729	22 LiveWELL Total Health Event at Atrium Health Pineville	23 LiveWELL Total Health Event at CMC	24
25	26	27 LiveWELL Softball Intramurals begin LiveWELL Total Health Event at APC Bldg. K	28	29	30	31

# SEPTEMBER

## *Men's Health*

Josh was determined to get his blood pressure under control and reverse his prediabetes diagnosis. When his teammates started a weight loss challenge, Josh joined in. Through major diet and lifestyle changes, the team collectively lost over 155 pounds in seven months; 95 of those pounds came from Josh.

### **Josh Kaufman**

Maintenance Mechanic III, Plant Operations  
Huntersville Oaks

### MEN'S HEALTH *Checklist*

- Find a Primary Care Provider and schedule your free preventive care
- Get your prostate screening, if applicable
- Encourage a friend to schedule an annual wellness exam

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# SEPTEMBER

2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Labor Day	3	4 LiveWELL Ultimate Frisbee Intramurals begin	5	6	7
8	9	10	11 LiveWELL Total Health Event at CMC	12 LiveWELL Walk With Your Leaders at Atrium Health Anson	13	14 LiveWELL Fitness in the Park
15	16	17	18 Mobile Mammography Airport Center, Bldg. O Appts: 704.403.1729	19	20	21
22	23	24	25	26 LiveWELL Walk With Your Leaders at Atrium Health Cleveland	27	28
29	30				<b>AUGUST 2019</b> 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	<b>OCTOBER 2019</b> 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



# OCTOBER

## *Breast Health*

Lynette knows there is a purpose for her battle with breast cancer. As a 10-year survivor, Lynette believes that purpose is to strengthen her faith, learn perseverance and encourage others. She says yoga helped her stay present and focused to beat the disease. Her advice is to love yourself enough to take care of yourself. Get screened!

### **Lynette Burnett**

Registered Medical Assistant  
Rock Hill Pediatrics

### BREAST HEALTH *Checklist*

- Perform a breast self-exam and get a mammogram
- Take part in Breast Health events and activities
- Share your own or a loved one's breast cancer survival story on Yammer using #GoPink

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# OCTOBER

2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1  LiveWELL Walk With Your Leaders at CMC	2	3	4  Healthy Weight Reward and Family Health Incentive deadline (3 of 3)	5
6	7	8  Yom Kippur begins Mobile Mammography Carolinas Medical Center Appts: 704.403.1729	9  <b>Atrium Health Go Pink! Day</b>	10	11	12
13	14  Columbus Day	15  LiveWELL Get Fit With Your Leaders at Corporate Operations Airport Center	16  Mobile Mammography Airport Center, Bldg. O Appts: 704.403.1729	17	18	19
20	21	22	23	24	25	26
27	28	29	30  LiveWELL Walk With Your Leaders at CHS NorthEast	31  Halloween	<p><b>SEPTEMBER 2019</b></p> <p>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</p> <p><b>NOVEMBER 2019</b></p> <p>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</p>	



# NOVEMBER

## *Diabetes Awareness*

With prediabetic symptoms, Billy knew he had to make lifestyle changes. He enrolled in a diabetes prevention program through LiveWELL. Billy increased his activity by switching from a riding to a push lawn mower and gave up sugar, resulting in a 50-pound weight loss. Billy's physician says his numbers are now astonishing.

### **Billy Hollis**

Systems Engineer  
Information and Analytics Services

## DIABETES AWARENESS *Checklist*

- Drink unsweetened beverages
- Get screened for diabetes by having your A1C checked
- Do 150 minutes of exercise per week

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# NOVEMBER

2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>OCTOBER 2019</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31</p>	<p>DECEMBER 2019</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31</p>				1	2
3	4	5	6	7	8	9
Daylight Saving ends		Election Day				
10	11	12	13	14	15	16
	Veterans Day	Mobile Mammography Carolinas Medical Center Appts: 704.403.1729			Healthy Weight Reward and Family Health Incentive deposited after this date	
17	18	19	20	21	22	23
			Mobile Mammography Airport Center, Bldg. O Appts: 704.403.1729			
24	25	26	27	28	29	30
				Thanksgiving Day		

# DECEMBER

## *Giving is Healthy*

When Saul was 15, his family became a Salvation Army Angel Tree family. Today, Saul's experience helps him and his own family keep the tradition of giving back during the holidays and year-round. He believes it is his duty to invest in the lives of others and give them hope.

### **Saul Amezquita**

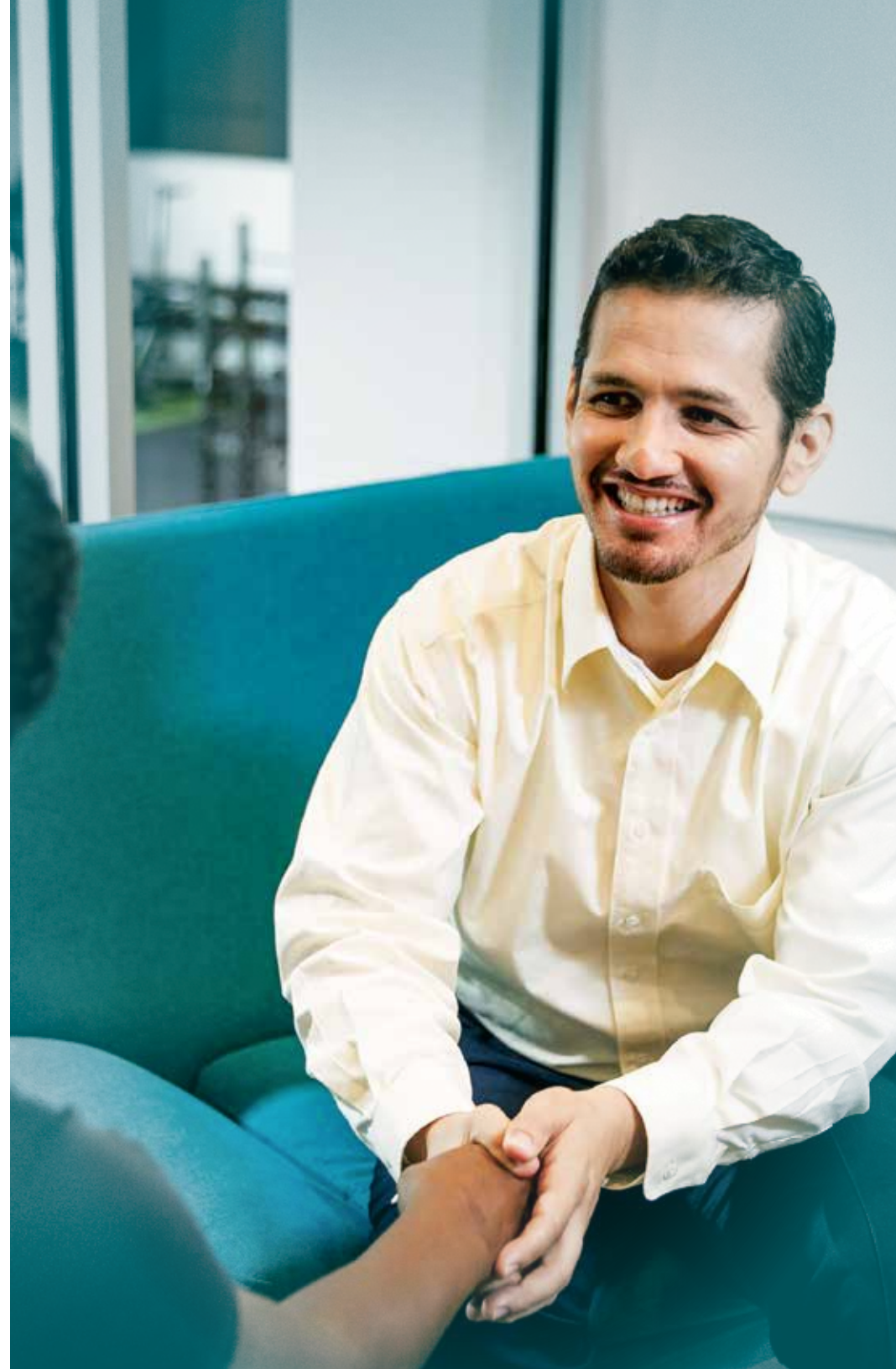
Sr. Patient Experience Consultant  
Health Literacy

### GIVING *Checklist*

- Send a holiday eCard using the Recognition & Rewards Platform
- Volunteer in your community through Atrium Health Serves
- Gather items you have not used this year and donate them to charity

**FOR MORE, VISIT:**

*[HumanResources.AtriumHealth.org/Calendar-Checklist](https://HumanResources.AtriumHealth.org/Calendar-Checklist)*



# DECEMBER

2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Mobile Mammography Atrium Health Distribution Center Appts: 704.403.1729	5	6	7
8	9	10 Mobile Mammography Carolinas Medical Center Appts: 704.403.1729	11	12	13	14
15	16	17	18 Mobile Mammography Airport Center, Bldg. O Appts: 704.403.1729	19 Mobile Mammography Carolinas Medical Center - Mercy Appts: 704.403.1729	20	21
22 Hanukkah begins	23	24	25 Christmas Day	26 Kwanzaa begins	27	28
29	30	31 New Year's Eve			<b>NOVEMBER 2019</b> 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	<b>JANUARY 2020</b> 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







# IMPORTANT PHONE NUMBERS

*Here are some important resources and phone numbers to help you and your family on your journey to continued good health:*

24-Hour Nurse Advice Line .....	800-357-0327
Bank of America – Health Savings Account (HSA) .....	866-731-4206
Benefits Administration .....	704-631-0263
CarolinaCARE – Prescription Drug Benefits .....	866-697-6800
Castlight (cost estimator tool) .....	866-960-1471
Dental Plan – Delta Dental .....	800-662-8856
Disability – MetLife .....	866-729-9201
Executive Total Rewards and Physician Benefits .....	704-631-0120
Employee Assistance Program (confidential) .....	704-355-5021
Find a Doctor .....	704-512-5772
LiveWELL Health Coaching .....	855-438-0013
LiveWELL Incentives and Programs .....	704-355-8136
Maternity Experience Navigator .....	704-631-0301
MedCost Benefit Services .....	800-795-1023
MedCost Diabetes Care Management .....	800-722-2157
Mental Health/Chemical Dependency (confidential) .....	800-475-7900
MyAtriumHealth .....	704-667-9145
On-Site Care .....	855-438-0011
Retirement Plans serviced by Empower Retirement .....	866-247-0970
SmartStarts Maternity Program .....	800-722-2157
Teammate Injury Hotline .....	704-355-SAFE (7223)
Total Health Portal – Applied Health Analytics Help Desk .....	855-581-9910
Virtual Visit .....	855-438-0010
Vision – Community Eye Care .....	888-254-4290

**Need Assistance with LiveWELL?** Contact us at **704-355-8136** or **[LiveWELLEvents@AtriumHealth.org](mailto:LiveWELLEvents@AtriumHealth.org)**

