

Weight Loss Opportunities and Resources Recommended by LiveWELL

Individual/Group Programs	Program Details	Program Cost
Popular Apps/Trackers Websites	My Fitness Pal, NOOM, Fooducate, My Plate Calorie Tracker, Fitbit, Lose it! www.nutritionfacts.org , www.shaneandsimple.com	Varies by app (some are free)
Accountability Coaching for Weight Loss	Individual coaching via phone 855.438.0013 (toll free) Online scheduling is also available through your LiveWELL Total Health Portal . Complete your Total Health Survey before making your first coaching appointment. LiveWELL Health Plan participants may earn \$100 LiveWELL Health Coaching incentive	Free to all teammates
LiveWELL Resources	Visit the LiveWELL website for helpful resources such as menus, food journals, walking routes at various Atrium Health facilities, activities you can do at your desk and fun challenges to get you moving.	Free to all teammates
Teammate Discounts- Fitness Memberships and more	Visit https://teammates.atriumhealth.org/human-resources/teammate-discounts for discounts on fitness memberships, health and wellness programs, and products. Some gyms provide a discount with your MEDCOST membership card.	Discounts
Medical Nutrition Therapy and Referral Program	Up to 6 free nutrition counseling sessions with a Registered Dietitian/Nutritionist to safely improve your overall health and weight or address nutrition to reduce chronic disease risk such as high cholesterol, or high blood pressure. Requires a referral from your provider. For help securing a referral, contact the most convenient location. https://teammates.atriumhealth.org/livewell/prevention-and-wellness/medical-nutrition-therapy	Free with referral teammates/family members covered by LiveWELL Health Plan (medical plan)
Weight Watchers®	Supportive meetings, eating plans, weekly weigh-ins, multiple community locations to choose, and online tools to help you meet your weight loss goals www.weightwatchers.com/us	Varies depending on the program of interest
Carolinas HealthCare Diabetes Center Programs	Partner with one of the Diabetes Care Centers to safely improve your overall health and weight. There are a variety of offerings and locations. Check out a list of all their locations on the website or call 704.302.9462	Varies depending on insurance
Path to Wellness Program – Cabarrus YMCA & Atrium Health	Join the six-week program for guidance, encouragement, and education for a better, healthier lifestyle to reduce chronic disease risk, decrease weight, increase strength, and improve your quality of life. Email communitywellness@atriumhealth.org or call 704.403.3050	\$50
Carolinas Weight Management Program	Providers offer a variety of services, surgical and non-surgical, to help with weight loss and maintenance. Call 704.355.9484 or visit www.carolinasweightmanagement.org	Varies depending on insurance