

LiveWELL

Work | Eat | Learn | Live

TEAMMATE

Calendar

2021



Atrium Health

Set healthy goals

Carla wanted to be healthier and feel better so she connected with a Health Coach to create a plan. She began tracking her food and walking every day. After 18 months of increased exercise and improved diet, she has lost 80 lbs! Her advice is to start today, don't wait – your health is important.

Carla Gaither, R.EEGT

Chief EEG Technologist
Neurodiagnostic Services
Atrium Health Carolinas
Medical Center

WATCH



CARLA'S VIDEO

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
			DECEMBER 2020		FEBRUARY 2021	
			1 2 3 4 5		1 2 3 4 5 6	
			6 7 8 9 10 11 12		7 8 9 10 11 12 13	
			13 14 15 16 17 18 19		14 15 16 17 18 19 20	
			20 21 22 23 24 25 26		21 22 23 24 25 26 27	
			27 28 29 30 31		28	
					New Year's Day	
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						

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FEBRUARY

Engage in heart-healthy activities

For a healthy heart, Dr. Koehler recommends eating foods low in saturated fats, such as the Mediterranean diet, and getting enough exercise. Options include walking for 30 minutes, 5 days a week, or cycling, jogging or hiking for 75 minutes per week.

Daniel Koehler, DO
Cardiologist
Atrium Health
Sanger Heart & Vascular Institute

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
Black History Month		Groundhog Day				
7	8	9	10	11	12	13
					Atrium Health Wear Red Day	
14	15	16	17	18	19	20
Valentine's Day	Presidents' Day		Ash Wednesday			National Love Your Pet Day
21	22	23	24	25	26	27
28	JANUARY 2021 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	MARCH 2021 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				

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DR. KOEHLER'S
VIDEO

Plan nutritionally balanced meals

Through the ONE Charlotte Health Alliance’s partnership with Loaves & Fishes, Latoya and her team at the Mobile Food Pharmacy provide free healthy groceries and nutrition education to individuals facing food insecurity, which can contribute to chronic diseases such as hypertension and diabetes.

Latoya Mallard, MPH
Project Manager
ONE Charlotte Health Alliance
Atrium Health Community Health

WATCH



LATOYA’S VIDEO

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
Women's History Month	1	2	3	4	5	6
7	8 International Women's Day 1st LiveWELL Incentive deadline	9	10	11	12	13
14 Daylight Savings Time begins	15	16	17 St. Patrick's Day	18	19	20 Start of Spring
21	22	23	24	25 Medal of Honor Day	26	27
28 Passover begins	29 National Vietnam War Veterans Day	30	31	<div><div>FEBRUARY 2021</div><div>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</div></div> <div><div>APRIL 2021</div><div>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</div></div>		

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APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
		MARCH 2021 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 2021 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 Easter Sunday Last day of Passover	5	6	7	8 Yom HaShoah (Holocaust Remembrance Day)	9 Good Friday World Autism Awareness Day	10
11	12	13 Ramadan starts	14 World Health Day	15 Tax Day	16 National Former POW Recognition Day	17
18	19	20	21	22 Earth Day	23 1st LiveWELL Incentive payout	24
25	26	27	28	29	30 Arbor Day	

Participate in financial health education

After Laura's daughter received a life-saving kidney transplant, she needed to take costly maintenance medications. Laura reached out to a CarolinaCARE One-on-One Rx pharmacist who helped her save thousands of dollars on prescriptions, lifting the financial burden on her family. Take advantage of LiveWELL financial health benefits and programs available to teammates.

Laura Linder, RN, PCCN
Progressive Care
Atrium Health Cleveland

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LAURA'S VIDEO

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Self-care is important for mental health

Self-care is critical for emotional well-being. To manage stress from work, Kimberly was encouraged by her LiveWELL Champion to take time for self-care and to utilize LiveWELL resources. She makes sure to get enough physical activity, makes healthy food choices, and participates in journaling and self-reflection to nurture her emotional health.

Kimberly Michelle Moore

Telemental Health Technician II
Behavioral Health Call Center -
Mint Hill

WATCH



KIMBERLY'S VIDEO

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
						1
					National Military Appreciation Month National Mental Health Awareness Month	
2	3	4	5	6	7	8
			Cinco de Mayo	National Nurses Day		
9	10	11	12	13	14	15
Mother's Day						
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	APRIL 2021		JUNE 2021		
		1 2 3	1 2 3 4 5			
		4 5 6 7 8 9 10	6 7 8 9 10 11 12			
		11 12 13 14 15 16 17	13 14 15 16 17 18 19			
		18 19 20 21 22 23 24	20 21 22 23 24 25 26			
		25 26 27 28 29 30	27 28 29 30			
	Memorial Day					

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JUNE

Take a whole-body approach to health

Kimberly was struggling with daily migraines and taking medication every morning before seeking medical support. By finding the right balance of medication and lifestyle changes including increased water intake, healthy food choices, limited caffeine, adequate sleep and physical activity, she was able to significantly reduce her headaches.

Kimberly Kimrey
Chief EMG Tech
Neurology Service Line
Carolina Neurological Clinic

WATCH



KIMBERLY'S VIDEO

SUN MON TUE WED THU FRI SAT

1 2 3 4 5

Pride Month

6 7 8 9 10 11 12

13 14 15 16 17 18 19

2nd LiveWELL
Incentive deadline
U.S. Flag Day
World Blood Donor
Day

Juneteenth

20 21 22 23 24 25 26

Father's Day

Start of Summer

27 28 29 30

MAY 2021

JULY 2021

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

PTSD Awareness
Day

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Explore care management programs

Carol enrolled in a care management program through MedCost to improve her respiratory health. A health coach developed an action plan that included physician prescribed breathing treatments, improved diet, exercise and blood pressure monitoring. Now Carol is feeling better and breathing easier.

Carol Rorie

Care Coordinator
LCI Financial Clearance
Atrium Health Levine Cancer Institute

WATCH



CAROL'S VIDEO

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
		<div>JUNE 2021</div> <div>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</div>	<div>AUGUST 2021</div> <div>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</div>	1	2	3
4	5	6	7	8	9	10
Independence Day	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	2nd LiveWELL Incentive payout 30	31

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AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
	International Day of the World's Indigenous Peoples					Purple Heart Day Navajo Code Talkers Day
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	JULY 2021		SEPTEMBER 2021	
			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 29 30	
			National Immunization Awareness Month			

Get your preventive care exams

As a new teammate and new to the Charlotte area, Inali connected with a health coach, who introduced her to the *Find a Doctor* tool on **AtriumHealth.org**. She found an internal medicine provider and an OB/GYN so she could complete her annual wellness exams.

Inali Shah, CMA
Women's Center of Pelvic Health
Atrium Health Mercy

WATCH

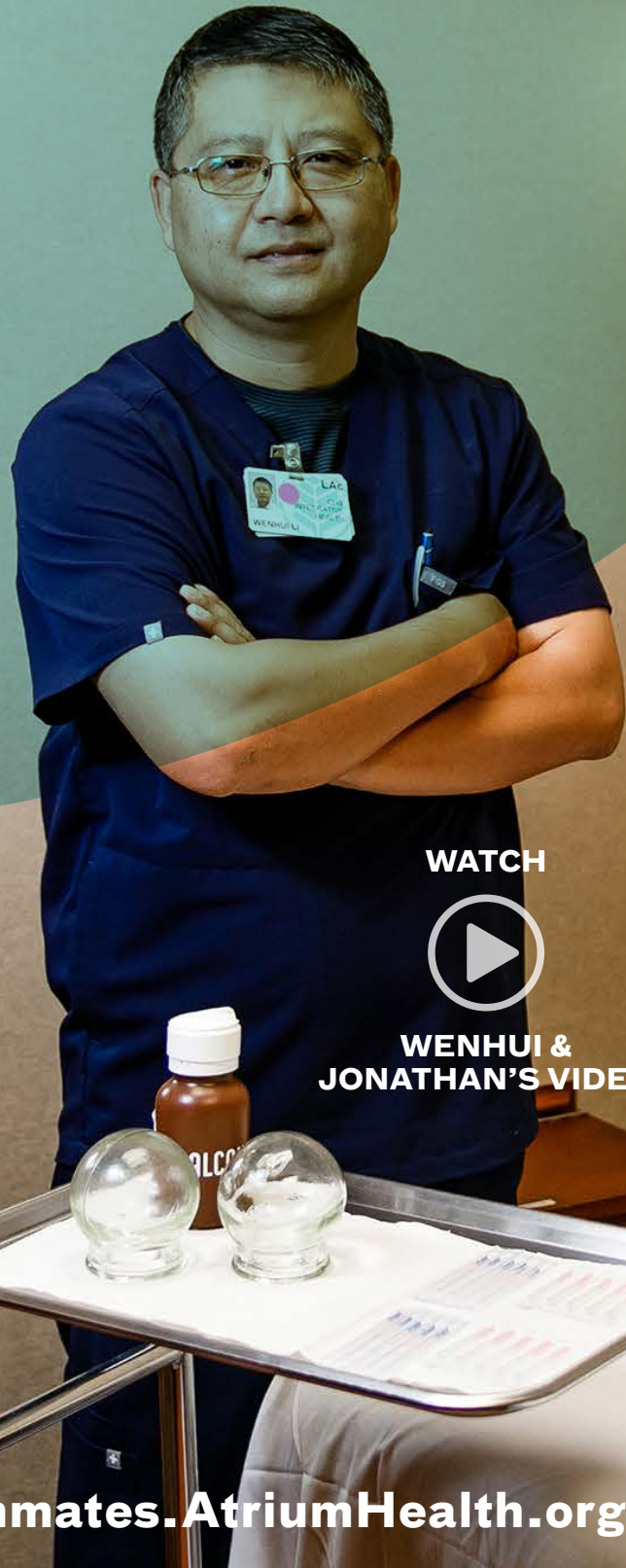


INALI'S VIDEO

Teammates.AtriumHealth.org

Learn about Integrative Medicine

SEPTEMBER

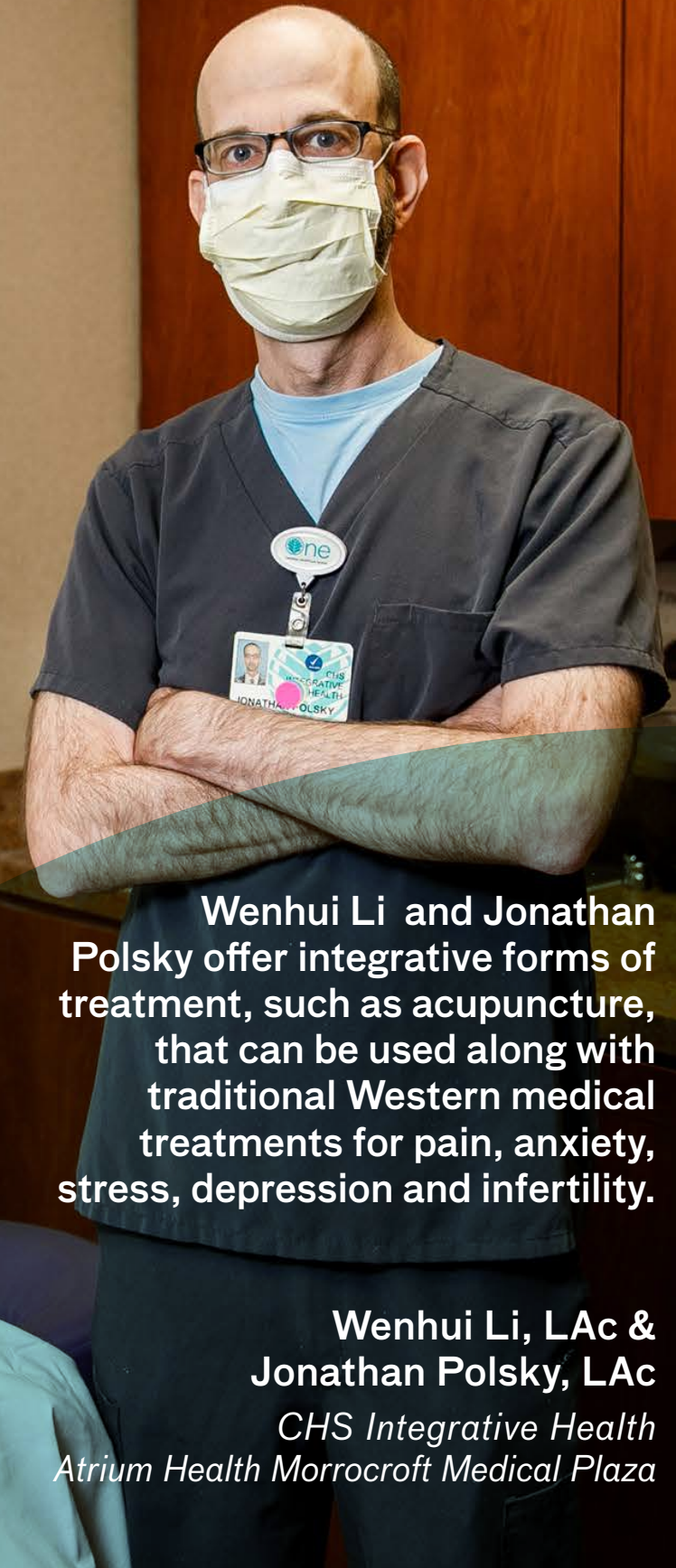


WATCH



WENHUI &
JONATHAN'S VIDEO

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	
		Hispanic Heritage Month				
5	6	7	8	9	10	11
	Labor Day	Rosh Hashanah	International Literacy Day			Patriot Day
12	13	14	15	16	17	18
				Yom Kippur starts International Peace Day	National POW/MIA Recognition Day	
19	20	21	22	23	24	25
			Start of Fall			
26	27	28	29	30	<div> <div>AUGUST 2021</div> <div>OCTOBER 2021</div> </div>	
					<div> <div>1 2</div> <div>3 4 5 6 7 8 9</div> <div>10 11 12 13 14 15 16</div> <div>17 18 19 20 21 22 23</div> <div>24 25 26 27 28 29 30</div> <div>31</div> </div>	



Wenhui Li and Jonathan Polsky offer integrative forms of treatment, such as acupuncture, that can be used along with traditional Western medical treatments for pain, anxiety, stress, depression and infertility.

Wenhui Li, LAc &
Jonathan Polsky, LAc

CHS Integrative Health
Atrium Health Morrocroft Medical Plaza

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
		National Disability Employment Awareness Month Breast Cancer Awareness Month	SEPTEMBER 2021 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	NOVEMBER 2021 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	1	2
3	4 Child Health Day	5	6	7	8	9
10 World Mental Health Day	11 Indigenous Peoples' Day	12	13	14		16
17	18 Final LiveWELL Incentives deadline	19	20 Pink & Proud Day	21	22 Global Handwashing Day	23 World Food Day
24	25	26	27 Birth of the Guru Granth (Sikh)	28	29	30
31 Halloween						

Get your mammogram

Debra found a lump in her breast through a self-exam and immediately had it evaluated by her doctor. After a bilateral mastectomy, chemotherapy and radiation treatment, she is now cancer-free. She says, *"Listen to your body, do self-exams and get your yearly mammogram."*

Debra Snyder

Ultrasound Technologist
Atrium Health Cabarrus
Breast Health Center

WATCH



DEBRA'S VIDEO

Get the right labs for you

Greta began her career in diabetes care and education 22 years ago. She did not know that diabetes was a global epidemic. Her mother lived with diabetes for 40 years, and because it is hereditary, Greta makes sure to get her annual wellness exam, including labs for fasting blood sugar and A1C, and is committed to a healthy lifestyle.

Greta Colson, MOA
Program Associate
Disease Management
Atrium Health Stanly

WATCH



GRETA'S VIDEO

NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
National Diabetes Month National Native American Heritage Month	1	2	3	4	5	6
7	8	9	10	11	12	13
Daylight Savings Time Ends				Veterans Day	Final LiveWELL Incentives payout	
14	15	16	17	18	19	20
Diwali Hindu Festival of Lights						
21	22	23	24	25	26	27
				Thanksgiving		
28	29	30	<div> <div>OCTOBER 2021</div> <div> 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 </div> </div> <div> <div>DECEMBER 2021</div> <div> 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 </div> </div>			
Hanukkah begins						

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DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
	NOVEMBER 2021 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	JANUARY 2022 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	Hanukkah ends	14	15	16	17	18
19	20	21	22	23	24	25
26	27	Start of Winter	29	30	Christmas Eve	Christmas
Start of Kwanzaa					New Year's Eve	

Give to the community

Rita and her team delivered free masks to Charlotte Hispanic-owned businesses to improve the safety and well-being of the Hispanic community during the COVID-19 pandemic. She encourages Atrium Health teammates to give their time as volunteers and participate in the Atrium Health Gives campaign to care for the communities we serve.

Rita Dominguez, MPH, CHES
Project Manager
Atrium Health Community Health

WATCH



RITA'S VIDEO

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