



2020 LiveWELL

TEAMMATE CALENDAR



2020

January 2020	February 2020	March 2020
1 2 3 4	1	1 2 3 4 5 6 7
5 6 7 8 9 10 11	2 3 4 5 6 7 8	8 9 10 11 12 13 14
12 13 14 15 16 17 18	9 10 11 12 13 14 15	15 16 17 18 19 20 21
19 20 21 22 23 24 25	16 17 18 19 20 21 22	22 23 24 25 26 27 28
26 27 28 29 30 31	23 24 25 26 27 28 29	29 30 31
April 2020	May 2020	June 2020
1 2 3 4	1 2	1 2 3 4 5 6
5 6 7 8 9 10 11	3 4 5 6 7 8 9	7 8 9 10 11 12 13
12 13 14 15 16 17 18	10 11 12 13 14 15 16	14 15 16 17 18 19 20
19 20 21 22 23 24 25	17 18 19 20 21 22 23	21 22 23 24 25 26 27
26 27 28 29 30	24 25 26 27 28 29 30	28 29 30
	31	
July 2020	August 2020	September 2020
1 2 3 4	1	1 2 3 4 5
5 6 7 8 9 10 11	2 3 4 5 6 7 8	6 7 8 9 10 11 12
12 13 14 15 16 17 18	9 10 11 12 13 14 15	13 14 15 16 17 18 19
19 20 21 22 23 24 25	16 17 18 19 20 21 22	20 21 22 23 24 25 26
26 27 28 29 30	23 24 25 26 27 28 29	27 28 29 30
	30 31	
October 2020	November 2020	December 2020
1 2 3	1 2 3 4 5 6 7	1 2 3 4 5
4 5 6 7 8 9 10	8 9 10 11 12 13 14	6 7 8 9 10 11 12
11 12 13 14 15 16 17	15 16 17 18 19 20 21	13 14 15 16 17 18 19
18 19 20 21 22 23 24	22 23 24 25 26 27 28	20 21 22 23 24 25 26
25 26 27 28 29 30 31	29 30	27 28 29 30 31



HOLIDAYS & OBSERVANCES

JAN 1	New Year's Day
JAN 6	2020 LiveWELL Incentives begin
JAN 10	Payout for Core Four Incentives earned in 2019
JAN 21	Martin Luther King Jr. Day
JAN 25	Chinese New Year
FEB	Black History Month
FEB 2	Ground Hog Day
FEB 14	Atrium Health Wear Red Day
FEB 14	Valentine's Day
FEB 17	First deadline for earning 2020 LiveWELL Incentives (1 of 3)
FEB 17	Random Acts of Kindness Day
FEB 18	Presidents' Day
FEB 20	National Love Your Pet Day
MAR	Women's History Month
MAR 17	St. Patrick's Day
MAR 20	First payout opportunity for earned 2020 LiveWELL Incentives
APR 1	April Fool's Day
APR 10	Good Friday
APR 12	Easter
APR 15	Tax Day
APR 22	Earth Day
APR 23	Ramadan begins
MAY 5	Cinco de Mayo
MAY 10	Mother's Day
MAY 25	Memorial Day
JUN	LGBTQ Pride Month
JUN 8	Second deadline for earning 2020 LiveWELL Incentives (2 of 3)
JUN 14	Flag Day
JUN 14	Children's Day
JUN 19	Juneteenth Independence Day
JUN 21	Father's Day
JUL 1	International Joke Day
JUL 4	Independence Day
JUL 10	Second payout opportunity for earned 2020 LiveWELL Incentives
AUG 2	Friendship Day
SEP 7	Labor Day
SEP 15	National Hispanic Heritage Month (through October 15)
SEP 19	Rosh Hashanah begins
SEP 21	International Peace Day
SEP 27	Yom Kippur begins
OCT	National Disability Employment Month
OCT	Global Diversity Awareness Month
OCT 12	Third deadline for earning 2020 LiveWELL Incentives (3 of 3)
OCT 12	Columbus Day
OCT 12	Indigenous Peoples Day
OCT 14	Atrium Health Go Pink! Day
OCT 31	Halloween
NOV 3	Election Day
NOV 11	Veterans Day
NOV 13	Third payout opportunity for earned 2020 LiveWELL Incentives
NOV 13	World Kindness Day
NOV 14	Diwali
NOV 26	Thanksgiving Day
DEC 1	World AIDS Day
DEC 10	Hanukkah begins
DEC 25	Christmas Day
DEC 26	Kwanzaa begins
DEC 31	New Year's Eve

2021

January 2021	February 2021	March 2021	April 2021	May 2021	June 2021
1 2	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3	1	1 2 3 4 5
3 4 5 6 7 8 9	7 8 9 10 11 12 13	7 8 9 10 11 12 13	4 5 6 7 8 9 10	2 3 4 5 6 7 8	6 7 8 9 10 11 12
10 11 12 13 14 15 16	14 15 16 17 18 19 20	14 15 16 17 18 19 20	11 12 13 14 15 16 17	9 10 11 12 13 14 15	13 14 15 16 17 18 19
17 18 19 20 21 22 23	21 22 23 24 25 26 27	21 22 23 24 25 26 27	18 19 20 21 22 23 24	16 17 18 19 20 21 22	20 21 22 23 24 25 26
24 25 26 27 28 29 30	28	28 29 30 31	25 26 27 28 29 30	23 24 25 26 27 28 29	27 28 29 30
31				30 31	
July 2021	August 2021	September 2021	October 2021	November 2021	December 2021
1 2 3	1 2 3 4 5 6 7	1 2 3 4	1 2	1 2 3 4 5 6	1 2 3 4
4 5 6 7 8 9 10	8 9 10 11 12 13 14	5 6 7 8 9 10 11	3 4 5 6 7 8 9	7 8 9 10 11 12 13	5 6 7 8 9 10 11
11 12 13 14 15 16 17	15 16 17 18 19 20 21	12 13 14 15 16 17 18	10 11 12 13 14 15 16	14 15 16 17 18 19 20	12 13 14 15 16 17 18
18 19 20 21 22 23 24	22 23 24 25 26 27 28	19 20 21 22 23 24 25	17 18 19 20 21 22 23	21 22 23 24 25 26 27	19 20 21 22 23 24 25
25 26 27 28 29 30 31	29 30 31	26 27 28 29 30	24 25 26 27 28 29 30	28 29 30	26 27 28 29 30 31
			31		

2022

January 2022	February 2022	March 2022	April 2022	May 2022	June 2022
1	1 2 3 4 5	1 2 3 4 5	1 2	1 2 3 4 5 6 7	1 2 3 4
2 3 4 5 6 7 8	6 7 8 9 10 11 12	6 7 8 9 10 11 12	3 4 5 6 7 8 9	8 9 10 11 12 13 14	5 6 7 8 9 10 11
9 10 11 12 13 14 15	13 14 15 16 17 18 19	13 14 15 16 17 18 19	10 11 12 13 14 15 16	15 16 17 18 19 20 21	12 13 14 15 16 17 18
16 17 18 19 20 21 22	20 21 22 23 24 25 26	20 21 22 23 24 25 26	17 18 19 20 21 22 23	22 23 24 25 26 27 28	19 20 21 22 23 24 25
23 24 25 26 27 28 29	27 28	27 28 29 30 31	24 25 26 27 28 29 30	29 30 31	26 27 28 29 30
30 31					
July 2022	August 2022	September 2022	October 2022	November 2022	December 2022
1 2	1 2 3 4 5 6	1 2 3	1	1 2 3 4 5	1 2 3
3 4 5 6 7 8 9	7 8 9 10 11 12 13	4 5 6 7 8 9 10	2 3 4 5 6 7 8	6 7 8 9 10 11 12	4 5 6 7 8 9 10
10 11 12 13 14 15 16	14 15 16 17 18 19 20	11 12 13 14 15 16 17	9 10 11 12 13 14 15	13 14 15 16 17 18 19	11 12 13 14 15 16 17
17 18 19 20 21 22 23	21 22 23 24 25 26 27	18 19 20 21 22 23 24	16 17 18 19 20 21 22	20 21 22 23 24 25 26	18 19 20 21 22 23 24
24 25 26 27 28 29 30	28 29 30 31	25 26 27 28 29 30	23 24 25 26 27 28 29	27 28 29 30	25 26 27 28 29 30 31
31			30 31		

NEED ASSISTANCE WITH LIVEWELL?

Call 704-631-0263

NEW YEAR, RENEW YOU

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
December 2019 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 2020 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		1 New Year's Day	2	3	4
5	6 2020 LiveWELL Incentives begin	7	8	9	10 Payout for Core Four Incentives earned in 2019	11
12	13	14	15	16	17	18
19	20	21 Martin Luther King Jr. Day	22	23	24	25
26	27	28	29	30	31	Chinese New Year

SET A HEALTHY GOAL FOR THE YEAR

New Year, Renew You

Voltaire began cycling as a hobby in the summer of 2012. He has now finished four full Ironman competitions. He is grateful for the support he found through LiveWELL to get in better shape and become a stronger athlete. He encourages all teammates to get out there and try something new!

Voltaire Medina
Medical Technologist
Atrium Health Steele Creek



HEART HEALTH FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
January 2020 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 2020 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 Black History Month
2 Groundhog Day	3	4	5	6	7	8
9	10	11	12	13	14 Atrium Health Wear Red Day Valentine's Day	15
16	17 First deadline for earning 2020 LiveWELL Incentives (1 of 3) Random Acts of Kindness Day	18 Presidents' Day	19	20 National Love Your Pet Day	21	22
23	24	25	26	27	28	29

PARTICIPATE IN A HEART HEALTHY DIET AND FITNESS ACTIVITIES

Heart Health

In her late teens, Kari had open heart surgery that she says heavily influenced her future. She is a firm believer that women need to be advocates for their health and quality of life to have a happy mind, body and spirit. She participates in fitness five days a week and focuses on a whole food diet with no processed foods or artificial ingredients.

Kari Crawford
MS, APRN-BC, CPNP-AC
*APP/Specialty Care II
Atrium Health Levine
Children's Hospital*



NUTRITION IS EVERYTHING

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Women's History Month						
8	9	10	11	12	13	14
15	16	17	18	19	20	21
		St. Patrick's Day			First payout opportunity for earned 2020 LiveWELL Incentives	
22	23	24	25	26	27	28
29	30	31			February 2020 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	April 2020 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

Nutrition is Everything

As a Senior Dietitian Nutritionist, Pat practices what she teaches in her nutrition classes. She grows vegetables and herbs at home and simplifies plant-based nutrition by encouraging others to incorporate at least one or two meat-free meals each week and replace one snack a day with fruits or vegetables.

Pat Fogarty, RD
*Outpatient Wellness Dietitian
Atrium Health Levine Cancer Institute*



CHOOSE FRUITS AND VEGETABLES OVER FOODS HIGH IN FAT

FINANCIAL HEALTH

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
March 2020 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 2020 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 April Fool's Day	2	3	4
5	6	7	8	9	10 Good Friday	11
12 Easter	13	14	15 Tax Day	16	17	18
19	20	21	22 Earth Day	23 Ramadan begins	24	25
26	27	28	29	30		

SET SHORT- AND LONG-TERM FINANCIAL GOALS

Financial Health

Tracie knows that financial health is an important part of overall wellness. By participating in a Health Savings Account with a previous employer and at Atrium Health, she has been able to save over \$20,000. Tracie uses her HSA funds to cover health-related expenses today and to prepare for the future.

Tracie Hadley
Senior HR Consultant
Human Resources



MENTAL HEALTH MATTERS

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
April 2020 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	June 2020 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	5	6	7	8	9
		Cinco de Mayo				
10	11	12	13	14	15	16
Mother's Day						
17	18	19	20	21	22	23
24	25	26	27	28	29	30
	Memorial Day					
31						

MAKE TIME TO CARE FOR YOURSELF

Mental Health Matters

To prevent burnout and manage her stress, Dr. Hossenlopp aims to fit in at least a 15- to 20-minute workout each day and get a minimum of seven hours of sleep each night. If she works the night shift and has to sleep during the day, she turns her phone to Do Not Disturb, makes sure her room is dark and sleeps with a night mask. Getting enough sleep and exercise helps her maintain her mental and physical health.

Cassady Hossenlopp, MD
Pediatric Resident
Atrium Health Carolinas Medical Center



GET FIT AS A FAMILY

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	LGBTQ Pride Month					
7	8	9	10	11	12	13
	Second deadline for earning 2020 LiveWELL Incentives (2 of 3)					
14	15	16	17	18	19	20
Flag Day Children's Day					Juneteenth Independence Day	
21	22	23	24	25	26	27
Father's Day						
28	29	30			May 2020 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	July 2020 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

EXERCISE TOGETHER

Get Fit as a Family

Teri's daughter started running for her school Cross Country team three years ago, and her husband started running as well. In 2019, Teri and her family participated in their first 5K together. She says making time to get fit together has brought them closer as a family.

Teri Boger
Risk Analyst
Atrium Health Cabarrus



KEEP YOUR SKIN HEALTHY

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
June 2020 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	August 2020 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 International Joke Day	2	3	4 Independence Day
5	6	7	8	9	10 Second payout opportunity for earned 2020 LiveWELL Incentives	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

HEALTHY SKIN TIPS

Keep Your Skin Healthy

When Donna was a teenager, her mom noticed an unusual mole on her back and made an appointment with a dermatologist. An exam confirmed that the mole was precancerous melanoma. Now Donna visits the dermatologist for an annual skin check. She makes sure her make-up and body lotion includes SPF and wears sunscreen when she runs, bikes and swims.

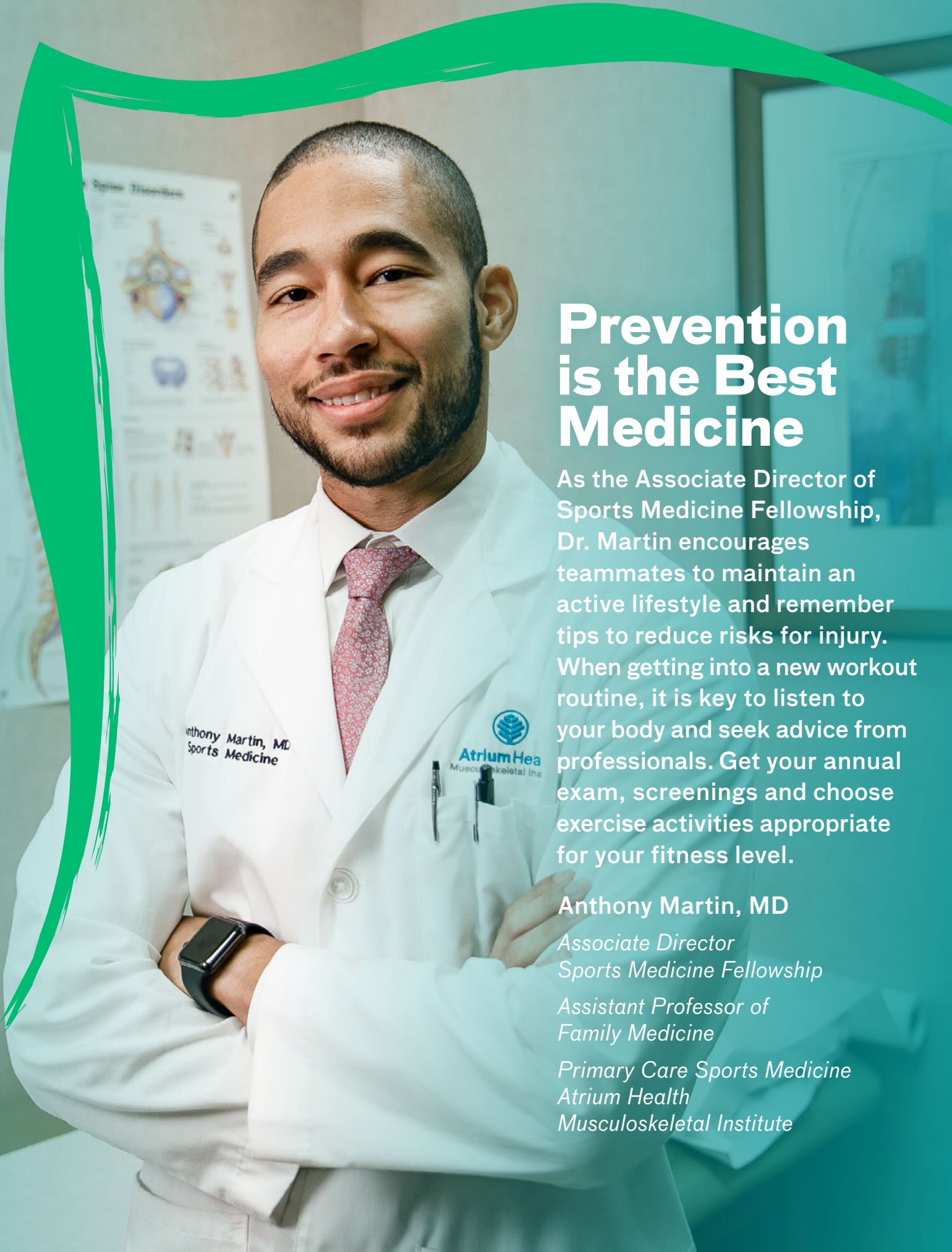
Donna Rubin
*HR Consultant
Workforce Development, Human Resources*



PREVENTION IS THE BEST MEDICINE

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
July 2020 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	September 2020 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	5	6	7	8
Friendship Day						
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Prevention is the Best Medicine

As the Associate Director of Sports Medicine Fellowship, Dr. Martin encourages teammates to maintain an active lifestyle and remember tips to reduce risks for injury. When getting into a new workout routine, it is key to listen to your body and seek advice from professionals. Get your annual exam, screenings and choose exercise activities appropriate for your fitness level.

Anthony Martin, MD

*Associate Director
Sports Medicine Fellowship*

*Assistant Professor of
Family Medicine*

*Primary Care Sports Medicine
Atrium Health
Musculoskeletal Institute*

REMEMBER TIPS TO REDUCE RISKS FOR INJURY

MEN'S HEALTH

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
	Labor Day					
13	14	15	16	17	18	19
		National Hispanic Heritage Month (through October 15)				Rosh Hashanah begins
20	21	22	23	24	25	26
	International Peace Day					
27	28	29	30		August 2020 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 2020 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
Yom Kippur begins						

Men's Health

After growing up playing contact sports, Calvin began golfing as a fun way to connect with his father, exercise and enjoy the outdoors. He likes to play a couple of times a week and walks about six miles per round. Calvin encourages men to think of their mental and physical health and well-being, get their annual exams and stay active!

Calvin Hung, FACHE, MPT
Administrator
Atrium Health Pineville Rehabilitation Hospital



GET YOUR ANNUAL EXAM AND PROSTATE SCREENING

BREAST HEALTH

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	September 2020 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 2020 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 National Disability Employment Month Global Diversity Awareness Month	2	3
4	5	6	7	8	9	10
11	12 Third deadline for earning 2020 LiveWELL Incentives (3 of 3) Columbus Day Indigenous Peoples Day	13	14 Atrium Health Go Pink! Day	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 Halloween

GET YOUR MAMMOGRAM

Breast Health

Sixteen years ago, Dr. Bailey-Dorton received the difficult news of being diagnosed with stage II breast cancer. To heal, she adopted integrative health techniques that combined standard medical treatments with complementary therapies, such as nutrition and exercise. To commemorate her 16th remission anniversary, she participated in the Ironman Cozumel in Mexico. She encourages all people to get screened and all survivors to get out there and spread the word!

**Chasse Bailey-Dorton,
MD, MSPH**
*Chief, Integrative Oncology
Assistant Professor of Medicine
Atrium Health Levine
Cancer Institute*



DIABETES AWARENESS

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Election Day	4	5	6	7
8	9	10	11 Veterans Day	12	13 Third payout opportunity for earned 2020 LiveWELL Incentives World Kindness Day	14 Diwali
15	16	17	18	19	20	21
22	23	24	25	26 Thanksgiving Day	27	28
29	30				October 2020 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	December 2020 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

Diabetes Awareness

Alex was a diagnosed prediabetic before participating in the Omada weight-loss program. With the help and encouragement of a health coach on a weekly basis, he lost 52 pounds and eight pant sizes, reduced his risk for diabetes and feels better than he has in years. Alex urges all teammates to connect with LiveWELL and know your numbers.

Alex Price
Security Officer
Atrium Health Harrisburg



GET APPROPRIATE LABS FOR YOUR AGE AND GENDER

GIVING IS HEALTHY

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
November 2020 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 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 World AIDS Day	2	3	4	5
6	7	8	9	10 Hanukkah begins	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 New Year's Eve	Christmas Day	Kwanzaa begins

Giving is Healthy

Sifat and her team give back to the community by volunteering together at local non-profit charities. Most recently, the team created care packages for the Hospitality House of Charlotte. Acts of kindness create a lasting positive impact on the community!

Sifat Khan, Nicole Williams,
Kelsey Wood, Kelly Darnell
Information & Analytic Services



PARTICIPATE IN THE GIVING CAMPAIGN OR GIVE BACK TO YOUR COMMUNITY