



2018

CHS LiveWELL Teammate Calendar



Carolinas HealthCare System

CHS LiveWELL
Work | Eat | Learn | Live



Carolinus HealthCare System

Teammates,

Congratulations on your continued partnership with CHS LiveWELL for more than 10 years. Just as CHS LiveWELL has committed to the health and well-being of teammates, CHS teammates have committed to leading better, more active and healthier lives.

Here are some numbers from 2017 to celebrate:

- **24,905:** Number of teammates who received a CHS LiveWELL Incentive
- **43,248:** Pounds lost for the Healthy Weight Reward (that's as much as 13 Toyota Camrys)
- **14.3 million:** Dollars deposited into teammates' Health Savings Accounts
- **6,000+:** Fitness class attendance
- **3,840:** Participants in 2017 Walks, Fitness in the Park & Get Fit With Your Leader events

CHS LiveWELL and our CHS LiveWELL Health Plan are aligned with our mission to improve health, elevate hope and advance healing – for all. As CHS LiveWELL begins its second decade, I encourage you to apply the CHS mission to your personal life. I challenge you to improve the lives of our patients and also to improve your own health. From fitness events to financial health classes to stress management, CHS LiveWELL provides many opportunities to improve your physical, financial and emotional well-being.

In this 2018 CHS LiveWELL Teammate Calendar, you will find information, key dates and healthful tips to help you partner with CHS LiveWELL all year. We have also included the CHS LiveWELL Incentives flyer in the back of the calendar.

Please know, it's important that we take care of ourselves first, in order for us to care for others.

I encourage you to continue taking advantage of all the CHS LiveWELL opportunities and resources – and make 2018 a healthy year!

In good health,

Debra Plousha Moore
System Chief of Staff
Executive Vice President

2018

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 17
18 19 20 21 22 23 24
25 26 27 28

MARCH

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

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 12
13 14 15 16 17 18 19
20 21 22 23 24 25 26
27 28 29 30 31

JUNE

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

JULY

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

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

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

OCTOBER

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

NOVEMBER

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

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 15** Martin Luther King Jr. Day
- FEB 14** Valentine's Day
- FEB 19** Presidents' Day
- MAR 11** Daylight Saving begins
- MAR 17** St. Patrick's Day
- MAR 30** Good Friday
- APR 1** Easter
- APR 1** April Fool's Day
- APR 17** Tax Day
- APR 22** Earth Day
- MAY 5** Cinco de Mayo
- MAY 13** Mother's Day
- MAY 28** Memorial Day
- JUN 14** Flag Day
- JUN 17** Father's Day
- JUL 4** Independence Day
- SEP 3** Labor Day
- SEP 18** Yom Kippur begins
- OCT 8** Columbus Day
- OCT 31** Halloween
- NOV 4** Daylight Saving ends
- NOV 6** Election Day
- NOV 11** Veterans Day
- NOV 22** Thanksgiving Day
- DEC 2** Hanukkah begins
- DEC 25** Christmas Day
- DEC 26** Kwanzaa begins
- DEC 31** New Year's Eve




New Year, Renew You

New Year – new beginnings! Robin has committed to a healthier lifestyle. Her CHS LiveWELL Health Coach encouraged her to drink more water, including 16 ounces each way on her 40-minute work commute. She also followed her coach's advice to walk more. So far, Robin has lost 30 pounds. Congratulations!

Robin Whitley
Supervisor, Respiratory Care
CHS University



JANUARY NEW YEAR CHECKLIST

-  Get started on your [CHS LiveWELL Incentives](#)
-  Start the New Year off right with help from a [CHS LiveWELL Health Coach](#)
-  [Make one small change](#) and stick with it through February (more water, less soda, more veggies)

For more, visit LiveWELL.CarolinasHealthCare.org/checklist

JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Get started on your 2018 CHS LiveWELL Incentives New Year's Day	2	3	4	5	6
7 CHS LiveWELL Indoor Volleyball Intramurals begin	8	9	10 Mobile Mammography Airport Center, Bldg O Appts: 704-403-1729	11	12	13
14	15 Martin Luther King Jr. Day	16	17	18	19	20
21 CHS LiveWELL Outdoor Soccer Intramurals begin	22	23 CHS LiveWELL Total Health Event at CHS Cleveland	24	25 CHS LiveWELL Total Health Event at CHS Anson	26	27
28	29	30 CHS LiveWELL Total Health Event at Levine Children's Hospital	31 Early, Early Bird Incentive deadline CHS LiveWELL Total Health Event at Carolinas Rehabilitation	<p>DECEMBER 2017</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>FEBRUARY 2018</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</p>





Heart Health

The heart is a muscle that grows stronger with exercise. Determined to reduce her blood pressure and cholesterol without medicine, Dee began walking laps around her building during lunch. After that, the weight just started to “slide” off. She now has more energy to play with her grandchildren, and has avoided the need for medication. Way to go, Dee!

Dee Didonato

Access/Outreach Specialist
Regional Operations Center

FEBRUARY HEART HEALTH CHECKLIST



Earn \$100 with the [Know Your Numbers Incentive](#)



[Choose fruits and vegetables](#) over foods high in fat



Take part in [heart-healthy](#) physical activity

For more, visit
LiveWELL.CarolinasHealthCare.org/checklist



FEBRUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 CHS LiveWELL Total Health Event at CHS Stanly	2 CHS & National Wear Red Day	3
4	5	6 CHS LiveWELL Total Health Event at CHS Lincoln	7 CHS LiveWELL Total Health Event at CHS Kings Mountain	8 CHS LiveWELL Total Health Event at CHS Union	9	10
11	12	13 CHS LiveWELL Total Health Event at Carolinas Medical Center	14 CHS LiveWELL Total Health Event at Behavioral Health Charlotte Valentine's Day	15 CHS LiveWELL Total Health Event at CHS Waxhaw	16	17 CHS Foundation Cupid's Cup 5K
18	19 Presidents' Day	20 CHS LiveWELL Total Health Event at Airport Center Bldg. K	21 CHS LiveWELL Total Health Event at CHS NorthEast	22	23 CHS LiveWELL Total Health Event at CHS Pineville	24
25	26	27 CHS LiveWELL Total Health Event at CHS University	28 Mobile Mammography Airport Center, Bldg O Appts: 704-403-1729 CHS LiveWELL Total Health Event at Behavioral Health Davidson	JANUARY 2018 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 2018 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	






Nutrition is Everything

Karen needed a change. After setting a goal to exercise more, she still wasn't seeing the results she wanted. A CHS dietitian helped her realize her high sugar intake, so she decided to go cold turkey on sugar-filled soda. Karen hasn't had a soda since October of 2015 and is still going strong!

Karen W. Davis
Application Specialist
Managed Health Resources

MARCH NUTRITION CHECKLIST

-  Find out if you are eligible for free [Medical Nutrition Therapy](#)
-  Earn your [Healthy Weight Reward](#) with good nutrition
-  Learn about the [new FDA nutrition labeling](#)

For more, visit LiveWELL.CarolinasHealthCare.org/checklist



MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>FEBRUARY 2018</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</p>	<p>APRIL 2018</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>1</p> <p>CHS LiveWELL Total Health Event at CMC Mercy</p>	<p>2</p> <p>Healthy Weight Reward and Family Health Incentive deadline (1 of 3)</p>	<p>3</p>
4	5	6	7	8	9	10
11	12	13	14	15	16	17
<p>Daylight Saving begins</p>				<p>CHS LiveWELL Total Health Event at CHS Distribution Center</p>		<p>St. Patrick's Day</p>
18	19	20	21	22	23	24
				<p>CHS LiveWELL Walk With Your Leader at 1) Carolinas Medical Center 2) Levine Children's Hospital</p>		<p>CHS LiveWELL Hike With Your Leader at Crowder's Mountain State Park</p>
25	26	27	28	29	30	31
	<p>CHS LiveWELL Sand Volleyball Intramurals begin</p>			<p>CHS LiveWELL Walk With Your Leader at CHS Lincoln</p>	<p>Good Friday</p>	




Financial Health

By making smart financial decisions with her Health Savings Account (HSA), Anna Marie had a baby with no out-of-pocket expenses. By simply taking advantage of CHS LiveWELL Incentives over the years, she was able to save up enough to pay for her son's birth. A year and a half later, this smart saver had a repeat performance with her second son's birth.

Anna Marie DeBolt

Application Specialist, Encompass Security Information & Analytics Services

APRIL FINANCIAL CHECKLIST

- \$** Earn \$100 with the [Financial Health/Virtual Tools Incentive](#)
- \$+** [Check your HSA balance](#) with Bank of America to see what CHS has contributed
- \$**  Consider [increasing your retirement savings](#) by 1% on the Empower website

For more, visit [LiveWELL.CarolinasHealthCare.org/checklist](https://www.livewell.carolinashealthcare.org/checklist)

APRIL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Easter April Fool's Day	2	3	4	5	6 Healthy Weight Reward and Family Health Incentive deposited after this date	7
8	9	10 CHS LiveWELL Get Fit With Your Leader at Corporate Operations Airport Center	11	12	13	14 CHS LiveWELL Get Fit With Your Leader at CHS Pineville CHS Kickball Tournament
15	16	17 Tax Day	18	19	20	21
22 Earth Day	23	24	25	26 CHS LiveWELL Walk With Your Leader at CHS Union	27	28
29	30	MARCH 2018 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 2018 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			






Mental Health Matters

CoCo has a great job – she gets to walk around CHS facilities and share her smile with patients and teammates. Research shows that therapy animals can support mental health, wellness and recovery. Through this connection, many patients are able to reduce symptoms, better engage in their recovery and open themselves up to the prospect of change.

CoCo
Therapy Dog
Carolinas HealthCare System



MAY MENTAL HEALTH CHECKLIST

-  Use your Employee [Assistance Program \(EAP\)](#) benefits and resources
-  Take 5 minutes each day to close your eyes and [practice deep breathing](#)
-  Limit your use of personal electronics to one hour each day for a week

For more, visit [LiveWELL.CarolinasHealthCare.org/checklist](https://www.livewell.carolinashealthcare.org/checklist)

MAY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 CHS LiveWELL Walk With Your Leader at CMC Mercy	4	5 Cinco de Mayo
6	7	8	9	10 CHS LiveWELL Walk With Your Leader at CHS Stanly	11	12
13 Mother's Day	14	15	16	17 CHS LiveWELL Walk With Your Leader at 1) Behavioral Health Charlotte 2) CHS Cleveland	18	19 CHS Teammate Field Day
20	21	22	23	24	25	26
27	28 Memorial Day	29	30	31	APRIL 2018 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 2018 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








Family Health

Basketball brings the Beattys together. They turn Caleb's travel league games into family trips, and Savannah joins in on the fun, shooting hoops with her big brother. This active lifestyle is perfect for Howard and his wife, Angela, whose relationship grew from a shared love of an active lifestyle.

Howard Beatty
Manager
Information & Analytics Services

JUNE FAMILY HEALTH CHECKLIST

-  Earn \$300 with the [Family Health Incentive](#) by taking a simple survey
-  Be active as a family
-  Learn about caring for an elderly parent using [Dependent Backup Care resources](#)

For more, visit LiveWELL.CarolinasHealthCare.org/checklist



JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>MAY 2018</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>JULY 2018</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
				<p>CHS LiveWELL Kickball Intramurals begin</p>	<p>Early Bird Incentive deadline Healthy Weight Reward and Family Health Incentive deadline (2 of 3)</p>	
10	11	12	13	14	15	16
				<p>Flag Day</p>		
17	18	19	20	21	22	23
<p>Father's Day</p>	<p>CHS LiveWELL Volleyball Intramurals begin</p>					<p>CHS Footgolf Event</p>
24	25	26	27	28	29	30






Exercise & Fitness at CHS

Winner, Winner, Australian dinner. Todd started going to fitness classes at CHS as a way to exercise and meet new people. When he won the *All in to Win* grand prize, he realized his efforts had earned him a trip to Australia! Now, he's looking forward to seeing the Sydney Opera House and exploring the Great Barrier Reef.

Todd Harris
Healthcare Technician
CHS University



JULY FITNESS CHECKLIST

-  Check the CHS LiveWELL [Fitness Calendar](#) to learn about free fitness classes
-  Register to walk, jog or run in a CHS LiveWELL [Race Series event](#)
-  Commit to stand or [take a short walk](#) every 30 minutes

For more, visit LiveWELL.CarolinasHealthCare.org/checklist

JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Independence Day	5	6	7
8	9	10	11	12	13 Healthy Weight Reward and Family Health Incentive deposited after this date	14
15	16	17 CHS LiveWELL Total Health Event at CHS Pineville	18	19	20	21
22	23	24	25 CHS LiveWELL Total Health Event at Carolinas Rehabilitation	26	27	28
29	30	31	<p>JUNE 2018</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>AUGUST 2018</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>		



Prevention is the Best Medicine




Every morning at 11:00, an alarm alerts this team that it's time for their daily cardio and stretches. Focused on preventing weight gain, heart disease and diabetes, they do exercises that

elevate their heart rates and burn calories. These movements may be simple, but they add up to create real results.



**Michele Gordon, Fatima Babar, Fallon Adonai,
Tricher Covington, Karen Hayes, Nefertiti Pridgen**
Clinical Case Management Team
Carolinas Medical Center

AUGUST PREVENTION CHECKLIST

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

For more, visit LiveWELL.CarolinasHealthCare.org/checklist

AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>JULY 2018</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>SEPTEMBER 2018</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 CHS LiveWELL Total Health Event at Airport Center Bldg. K	8	9	10 CHS LiveWELL Total Health Event at Carolinas Medical Center	11
12	13	14	15	16 CHS LiveWELL Total Health Event at CHS Union	17	18
19	20	21	22	23	24	25
26	27	28 CHS LiveWELL Total Health Event at CHS Kings Mountain	29 CHS LiveWELL Total Health Event at CHS Cleveland	30	31	



Men's Health




Your phone can help you lose weight. After a friend expressed concern about Jamie's health, he decided to make a life change. He now uses his smart watch and activity app to track his daily fitness goals, and shares his progress on Facebook. He's down 85 pounds since last year, and encourages other guys to get active to lose weight.

Jamie Hill

Buyer Specialist

Materials Resource Management

SEPTEMBER MEN'S HEALTH CHECKLIST

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

For more, visit
LiveWELL.CarolinasHealthCare.org/checklist



System

SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Labor Day	4 CHS LiveWELL Softball Intramurals begin CHS LiveWELL Total Health Event at CMC Mercy	5 CHS LiveWELL Flag Football Intramurals begin CHS LiveWELL Total Health Event at Behavioral Health Davidson	6 CHS LiveWELL Total Health Event at CHS Lincoln	7	8
9	10	11 CHS LiveWELL Total Health Event at Carolinas Medical Center	12	13 CHS LiveWELL Walk With Your Leader at CHS Anson	14	15 CHS LiveWELL Fitness in the Park
16	17	18 CHS LiveWELL Total Health Event at Behavioral Health Charlotte Yom Kippur begins	19	20	21	22
23	24	25	26	27	28	29 CHS 4.01K Walk and Retirement Fair
30	AUGUST 2018 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 2018 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				








Breast Health Awareness

When Melissa's results from her Mobile Mammography appointment came back saying she had a mass in her breast, she and her doctor took action immediately. Although she had to have surgery, her cancer was caught early enough that she was able to avoid chemotherapy. Now, Melissa has a message for all women: "Get screened!"

Melissa Freeman

Director, Corporate Health Information
Carolinas Medical Center

OCTOBER BREAST HEALTH CHECKLIST

-  Perform a [breast self-exam](#)
-  [Get a mammogram](#) and remind a loved one to do the same
-  Share your own or a loved one's breast cancer survival story on [Yammer](#) using [#CHSGoPink](#)

For more, visit
LiveWELL.CarolinasHealthCare.org/checklist

OCTOBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat																																																																																						
	1	2	3	4	5 Healthy Weight Reward and Family Health Incentive deadline (3 of 3)	6																																																																																						
7	8 Columbus Day	9	10 CHS Go Pink! Day	11	12	13 CHS LiveWELL Hike With Your Leader at Morrow Mountain State Park																																																																																						
14	15	16	17	18 CHS LiveWELL Walk With Your Leader at 1) CHS NorthEast 2) CHS University	19	20																																																																																						
21	22	23	24	25	26	27																																																																																						
28	29	30	31 Halloween	<p>SEPTEMBER 2018</p> <table border="1"> <tr><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></td><td></td><td></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							<p>NOVEMBER 2018</p> <table border="1"> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td></td><td></td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td></td><td></td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td></td><td></td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</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			
					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	10																																																																																						
11	12	13	14	15	16	17																																																																																						
18	19	20	21	22	23	24																																																																																						
25	26	27	28	29	30																																																																																							



Healthy Holidays

She is in it to win it. By participating in *Challenge the Season*, an activity that encourages completing one positive action each day, Ashley made her holidays feel truly special. Her favorite daily challenges included "Keep a smile on your face all day" and "Do something nice for someone today." As a bonus, she won a Fitbit for her positivity.

Ashley P. Davis
RN, Weekender
CHS Union

NOVEMBER HOLIDAYS CHECKLIST

-  [Set a budget](#) for holiday spending
-  [Register for *Challenge the Season*](#) to make your holidays healthier
-  Start or continue writing in a gratitude journal

For more, visit
LiveWELL.CarolinasHealthCare.org/checklist



NOVEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>OCTOBER 2018</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>	<p>DECEMBER 2018</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30 31</p>	1	2	3
4 Daylight Saving ends	5	6 Election Day	7	8	9	10
11 Veterans Day	12	13	14	15	16 Healthy Weight Reward and Family Health Incentive deposited after this date	17
18	19	20	21	22 Thanksgiving Day	23	24
25	26	27	28	29	30	






Giving is Healthy

Kindness rocks! Inspired by the nation-wide movement, Teresa brought *Kindness Rocks* to CHS Lincoln. She encouraged teammates to write inspiring messages on rocks and hide them throughout the facility. When a teammate finds one, they can post a picture on Yammer and hide the rock again for another teammate to find.

Teresa Watson
Vice President
CHS Lincoln



DECEMBER GIVING CHECKLIST

-  [Volunteer in your community](#) through CHS Serves
-  [Send a holiday eCard](#) using the Recognition & Rewards Platform
-  Gather items you have not used this year and donate them to a charity

For more, visit LiveWELL.CarolinasHealthCare.org/checklist

DECEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Hanukkah begins	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 Christmas Day	26 Kwanzaa begins	27	28	29
30	31 New Year's Eve	NOVEMBER 2018 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 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			



2019 *at a glance*

JANUARY 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 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

MARCH 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

APRIL 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

MAY 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

JUNE 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

JULY 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

AUGUST 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

SEPTEMBER 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

OCTOBER 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

NOVEMBER 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

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

2020 *at a glance*

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

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

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

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

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

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

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

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

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

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

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

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



2018 CHS LiveWELL Incentives

Fund your Health Savings Account (HSA) with CHS LiveWELL Incentives by earning up to **\$750** (Teammate Only) or **\$1,050** (Family)

Access your CHS LiveWELL Incentives any time from work, home or any mobile device:

1. Go to LiveWELL.CarolinashHealthCare.org/Incentives
2. Select the **Total Health Portal**, then log in using your CHS username and password
3. Begin by completing your Health Survey. Next, participate in Health Coaching and the other Incentives. **Get started early!** For assistance with your Total Health Portal, call **855-581-9910**



Incentives Deposited in 2018		REWARD	2018 DEADLINE	PAYOUT
Healthy Weight Reward	Maintain or achieve a healthy weight/waist to reduce health risks. Weight loss of 15 lbs. or more earns the full reward. Options and exceptions are listed on LiveWELL.CarolinashHealthCare.org/Incentives/Healthy-Weight-Reward	\$300	March 2 June 8	April 6 July 13
Family Health Incentive*	Be healthy together with your family by participating in well-being and prevention activities. Options listed on LiveWELL.CarolinashHealthCare.org/Incentives/Family-Health-Incentive	\$300	Oct 5	Nov 16

**For teammates who are enrolled in a family medical plan.*

Pregnant, breastfeeding, underweight teammates or teammates with medical exceptions can complete a Healthy Weight Reward or Know Your Numbers alternative/exception form found on the CHS LiveWELL site to earn their reward.

Incentives Deposited in 2019 (Core Four)		REWARD	2018 DEADLINE	PAYOUT
LiveWELL Health Survey	Learn about your health risks and opportunities for improvement. Complete the Health Survey in your Total Health Portal .	\$100	Last day of Open Enrollment	Jan 2019
Health Coaching	Complete the Health Survey, then schedule your Health Coaching appointment through your Total Health Portal . Call or meet with a coach to identify your health goals or participate in a health coaching alternative.	\$100	Last day of Open Enrollment	Jan 2019
Financial Health / Virtual Tools	Take advantage of tools, education and resources available to help you become an informed healthcare consumer. Options to earn this reward may be found on LiveWELL.CarolinashHealthCare.org/Financial-Health	\$100	Last day of Open Enrollment	Jan 2019
Know Your Numbers	Knowing important lab values can help you maintain or improve your health. Call 704-512-3971 for an appointment at CHS On-Site Care or visit your medical provider. Labs do NOT automatically transfer without your action. You must use one of the options listed on LiveWELL.CarolinashHealthCare.org/Incentives/Know-Your-Numbers	\$100	Oct 5** Last day of Open Enrollment	Jan 2019

▲ Complete the **Core Four** above and receive each reward amount plus a **\$50 bonus** ▲

***Labs need to be drawn by Oct 5, then take action with one of the Know Your Numbers options so this Incentive is shown as complete in Total Health Portal by end of Open Enrollment*

*Completed Incentives will appear as **GREEN** and completed in your Total Health Portal.*



2018 CHS LiveWELL Incentives

Eligible teammates have an opportunity to earn an alternative to the Health Coaching Incentive if they participate in a MedCost Care Management Program such as Diabetes Care Management or SmartStarts Maternity Program. Contact MedCost at **800-722-2157** or PersonalCareManagement@Medcost.com to find out if you qualify.

CHS LIVEWELL HEALTH PLAN CONTACTS

CONTACTS	LINK	PHONE
CHS LiveWELL	email: LiveWELLEvents@CarolinasHealthCare.org	704-355-8136
Total Health Portal through Applied Health Analytics	LiveWELL.CarolinasHealthCare.org	855-581-9910
Bank of America Health Savings Account (HSA)	MyHealth.BankofAmerica.com	866-731-4206
CarolinaCARE	CarolinaCareRX.org	866-697-6800
CHS Benefits Administration	email: HRBenefitsOnline@CarolinasHealthCare.org	704-631-0263
CHS Health Coaching	Schedule your appointment online through your Total Health Portal	855-438-0013
CHS On-Site Care and Know Your Numbers Appointments	PeopleConnect.Carolinas.org/Departments/CHS-On-Site-Care	704-512-3971
MedCost Programs: <ul style="list-style-type: none"> - SmartStarts Maternity Program - Diabetes Care Management - Personal Care Management 	MedCost.com	800-722-2157

To learn more about the CHS LiveWELL Wellness Programs and Protections from Disclosure of Medical Information, please visit LiveWELL.CarolinasHealthCare.org/Incentives

Terms and Conditions: 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 CHS LiveWELL Incentive reward.

We are committed to helping you achieve your best health. Rewards for participating in CHS 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.

Carolinas HealthCare System complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.



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.....	704-512-7887
Applied Health Analytics Help Desk (help with Total Health Portal).....	855-581-9910
Bank of America – Health Savings Account (HSA) and Flexible Spending Account (FSA) service provider.....	866-731-4206
CHS Benefits Administration.....	704-631-0263
CHS LiveWELL Health Coaching.....	855-438-0013
CHS LiveWELL Incentives & Programs.....	704-355-8136
CHS Maternity Experience Navigator.....	704-631-0301
CHS On-Site Care.....	704-512-3971
CHS Teammate Injury Helpline.....	704-355-SAFE (7233)
CHS Virtual Visit.....	855-438-0010
Dental Plan – Delta Dental.....	800-662-8856
MedCost Diabetes Care Management.....	800-722-2157
Employee Assistance Program (Confidential).....	704-355-5021
Find A Doctor.....	704-512-5772
MedCost Benefit Services.....	800-795-1023
Mental Health/Chemical Dependency (Confidential).....	800-475-7900
MyCarolinas.....	704-667-9145
Prescription Drug Benefits (CarolinaCARE).....	866-697-6800
Retirement Plans serviced by EMPOWER Retirement.....	866-247-0970
SmartStarts Maternity Program.....	800-722-2157

Need Assistance with CHS LiveWELL? Contact us at **704-355-8136** or **LiveWELLEvents@CarolinasHealthCare.org**



Scan here
to start
LivingWELL.

