

# Powering Up Wellness 2023

ATC is empowering you to be well - Sept. 1, 2022 - Aug. 31, 2023

At American Transmission Co., **we care** is one of our values. We care about you and your family's health and well-being.

The 2023 wellness program will be managed at ATC. The program will look different in an effort to be a simplified, trackable program that is aligned with our well-being initiatives: Health & Fitness, Money & Prosperity, Growth & Development and Contribution & Sustainability.

## PROGRAM AND ACTIVITY DETAILS

### LEVEL ONE ACTIVITIES - Kilowatt | \*Medical plan premium discount | Employee & spouse

- **Biometric health screening** - Complete a biometric health screening between 9/1/2022 - 8/31/2023.
- Complete the physician form and submit to eHealthScreenings by 9/5/2023.
- Forms can be submitted online, by email or fax.

**BOTH**  
employee & spouse  
must complete  
Level one to earn  
incentives offered  
in Levels 2 & 3.

### LEVEL TWO ACTIVITIES - Megawatt | \*Core HSA (\$600/\$1,200) | Employee only | Complete 3 of 5

- **Preventive Exam** (e.g., dental, vision, annual physical, age/gender, etc.) Be proactive in your healthcare to detect issues early on. Complete a preventive exam and complete the Preventive Exam form on PowerLine to record the activity.
- **Holiday Challenge** - Participate in the holiday challenge and stay within two pounds (up or down) of your weigh-in weight to earn this activity. This will be recorded by Total Rewards based on weigh-outs.
- **Fidelity Financial Wellness Checkup** - Kick-start your financial wellness journey and complete the financial wellness checkup on Fidelity's website to see where you stand and how to improve. Fidelity will provide a monthly report to Total Rewards to record this activity for participants.
- **Managing Time & Setting Boundaries** - Learn about techniques and tools you can incorporate into your day-to-day to help manage your time effectively, and also set boundaries. Listen to the recording, and/or download and read the handout to participate. Then complete the Managing Time & Setting Boundaries form on PowerLine to record the activity.
- **Volunteer or Blood Donation** - Volunteer for an organization, or donate blood, plasma or platelets. Then complete the Volunteer or Blood Donation form on PowerLine to record the activity. Volunteer examples include: Working with children and youth, putting together care packages, mentoring, helping at a food bank, etc.

### LEVEL THREE ACTIVITIES - Gigawatt | \*Wellness HSA (\$400) | Employee only | Complete 2 of 6

- **Organized Walk/Run** - Participate in an organized walk/run in your community, then complete the Organized Walk/Run form on PowerLine to record the activity.
- **ATC Wellness Community** - Join the ATC Wellness Community channel in MS Teams and participate by sharing ideas and wellness best practices, recommendations, healthy recipes, opportunities for physical fitness, or by seeking advice. When access is requested and you participate in the community channel, your participation will be recorded for this activity.
- **Beneficiary Update** - Review and update your beneficiary designations in Workday, at Fidelity and HSA Bank, and/or your personal accounts outside of ATC. Then complete the Beneficiary Update form on PowerLine to record the activity.
- **EAP Engagement** - The Employee Assistance Program (EAP) provides a variety of topics, resources and tools for employees and family members. Engage with LifeMatters on a topic that interests you, and then complete the EAP Engagement form on PowerLine to record the activity.
- **Charity Donation** - Help support a charity of your choice, such as United Way who helps support initiatives such as health, education and financial stability. Or choose another charity that may support things such as addiction services, animal care, food pantries, disease research, etc. and then complete the Charity Donation form on PowerLine to record the activity.
- **Positive Energy Through Empowering Others** - Dedicating time to and engaging with our STEM outreach activities, internship program, and post-secondary partnerships gives employees the opportunity to grow their mentoring and leadership skills and helps to develop future talent for ATC. Complete the Positive Energy Through Empowering Others form on PowerLine to record the activity.

\* **Benefit eligible, non-medical plan participants receive Tango gift cards (Level One = \$50 | Level Two = \$100 | Level Three = \$300).**

Level 1 requirement must be completed by both employee and spouse to earn incentives offered in Levels 2 and 3.

Only ATC benefit-eligible employees are eligible to receive program rewards.



## Questions?

Contact Sr. Benefits Specialist  
Sara Wilder at [swilder@atcllc.com](mailto:swilder@atcllc.com) or ext. 6872

