

2025 – 2026

Atlantic Wellness Insurance Premium Discount Program



Required Activities Checklist

Four Steps to Achieve Your Savings!

For medical plan participants only

To earn the insurance premium discount for the upcoming plan year (**October 1, 2026 – September 30, 2027**) employees on the medical plan must complete **all four wellness activities**:

1 Biometric Screening

- Onsite Screenings will be available at many locations in October 2025.
- If unavailable or missed, complete the **Physician Form** via the “Schedule” button on the **WellRight portal**.

2 Annual Physical

- Upload proof of completion (e.g., Explanation of Benefits, confirmation email, receipt, or verification form) to the **Annual Physical Tab** in the WellRight portal.

3 One Preventive Exam

- Upload proof of completion (e.g., Explanation of Benefits, confirmation email, receipt, or verification form) to the **Preventive Care Tab** in the WellRight portal.

Qualifying Exams include:

- Mammogram
- Colonoscopy
- Well-Woman Exam
- Prostate Exam
- Dental Exam/Screening
- Preventative Skin Check
- Vision (Eye) Exam

4 One Health Coaching or Behavioral Health Appointment

Schedule by:

- 1-800-882-2109
- coaching@mywellportal.com

Missed the August 31, 2025 Deadline?

You can still earn the wellness discount for the 2025-2026 plan year by completing all four required activities during the year. Once completed, you'll be moved to the discounted rate the following month.

Early Bird Raffle

Complete all four activities by **April 30, 2026** to enter a prize drawing in **May 2026**!

New Employees

If hired **on or after March 1, 2026**:

- You may select the wellness discount during benefit selection.
- To continue receiving the discount, complete the program activities during the 2026-2027 plan year.

Important Reminders

- All submissions are subject to audit by the program administrator.
- Insurance carriers will not provide claims information – participants must submit documentation themselves.

Special Note for Tabor City Employees:

You can **complete all four activities** at the **Carter Wellness Center**. To schedule, call **910-500-6257**.

Questions?

Atlantic Wellness partners with WellRight to track participation in the Wellness Program. Scan the QR code to visit the **WellRight portal**.

If you have any additional questions about your wellness eligibility options, please contact **Becca Schusler** at BeccaS@atlanticpkg.com.



Wellness at Atlantic



Wellness Discount Tied to the Medical Plan

**for employees on the medical plan only*

HOW TO EARN THE WELLNESS DISCOUNT:

- Complete a Biometric Screening
- Complete ONE Preventive Age/Gender Indicated Health Exam, Dental Cleaning, or Eye Exam
- Complete an Annual Physical
- Complete One Health Coaching or Behavioral Health Appointment

Carter Wellness Clinic *(Tabor City Employees Only)*

**for employees on the medical plan only*

Visit the Carter Wellness Clinic for any of your health and well-being needs, from sinus infections to blood pressure checks. To schedule an appointment, call **910-500-6257** or visit **my.marathon-health.com**.

Wendy Meares
Nurse Practitioner



Health Coaching

Atlantic offers free health coaching through Marquee Health. Health coaching is one-on-one support to guide you on your journey toward lasting behavior change.

Contact: 1-800-882-2109 | coaching@mywellportal.com

Spring Health

Atlantic Wellness offers FREE Behavioral Health Counseling and Coaching through Spring Health for employees and their households.

Contact: 1-855-629-0554 | atlanticpkg.springhealth.com

WellRight

WellRight supports our wellness program by tracking progress toward medical plan discounts and incentive rewards. Employees can use the platform to personalize their health journey through engaging challenges, educational courses, and other wellness tools designed to meet individual goals.

Contact: support@wellright.com

For more information on how to complete the medical discount requirements, take advantage of the wellness program, or explore any of the resources above, scan the QR code to visit the WellRight portal.



Teladoc Services

**for employees on the medical plan only*

Atlantic offers care anywhere and at anytime through Teladoc. General medicine, dermatology and free nutrition visits are available.

Contact: 1-800-Teladoc

Pathways Concierge Support

**for employees on the medical plan only*

Atlantic has a dedicated concierge team to help with your medical plan related questions, from finding a doctor to help with a billing issue.

Contact: 888-296-7179 | hpiTPA.com

Atlantic Wellness Website Resources

Learn more about all of the wellness initiatives going on at Atlantic by visiting our website at <https://wellness.atlanticpkg.com/>.

Learn more about all of the HR benefits and resources Atlantic provides by visiting our website at <https://atlanticpkg.hrbenefits.net/wellness/>.

Wellness Incentive Program

Throughout the year, you'll have access to 50+ wellness activities—with more added regularly! Every time you complete an activity, you'll earn a raffle ticket for our Wellness Program Raffle in September 2026. We're giving away 15 checks worth \$1,500 each! All activities will be tracked through our WellRight portal. Scan the QR code to begin your wellness journey today!

Wellness Webex Group

The Wellness Webex Group is a group of Atlantic employees that connect using Webex to share their commitment to health and well-being. To join the group, reach out to Becca Schusler.

Subsidized Fitbits

Atlantic Packaging subsidizes \$77 of a variety of Fitbit models. You can purchase one for as little as \$15. Each year we offer this benefits. To get your redemption link, reach out to Becca Schusler.

Onsite Fitness Facilities

Atlantic knows how hard it can be to get to the gym, so we have brought the gym to you! Work out at lunch or before/after work.

Additional Questions & Support

Becca Schusler, Wellness Director
beccas@atlanticpkg.com
704-909-5731



Atlantic Wellness Incentive Program Activities



**ATLANTIC
WELLNESS**
TAKE THE NEXT STEP

For ALL Atlantic employees

At Atlantic, we believe that **well-being is the heartbeat of a thriving workplace**. It's the thread that connects our people, our purpose, and our potential. That's why we're launching a year-long journey to support the **whole you** — mind, body, and spirit.

Guiding Principles



Connection
spirituality, community, love



Nature
resilience, intention, self-care



Purpose
motivation, empowerment, advocacy



Nourishment
nutrition, inspiration, balance



Movement
in motion, innovation, progress



Prevention
regeneration, conservation, harmony

Program Dates | October 1, 2025 – August 31, 2026

Throughout the year, you'll have access to **50+ wellness activities** — with more added regularly! From movement and mindfulness to nature-based challenges and community connection, there's something for everyone.

Some of these activities include:

- Monthly Challenges (*see list to the right*)
- Biometric Screenings
- Spring Health Monthly Webinars
- Volunteerism
- Visit with a Registered Dietician
- Annual Physical
- Choose Your Own Challenges (*available on WellRight*)
- And more!

How it Works

Every time you complete an activity, you'll earn a **raffle ticket** for our **Wellness Program Raffle** in September 2026.

We're giving away **15 checks worth \$1,500 each!**

You can earn **up to 30 chances to win** — so dive in and start exploring!



Get Started!

All activities will be tracked through our new WellRight portal. Scan the QR code to begin your wellness journey today!

Reach out to **Becca Schusler** at beccas@atlanticpkg.com for questions.

OCT

Atlantic Wellness 101: Getting Started
(Prevention)

NOV

Be Grateful Challenge
(Purpose)

DEC

30 Days of Wellness
(Nourishment)

JAN

Priority Plan Challenge
(Purpose)

FEB

Heart Felt
(Connection)

MAR

Lights Out
(Movement)

APR

Get Outside Challenge
(Nature)

MAY

Wire Less
(Nature)

JUN

Step Challenge
(Movement)

JUL

Water Wakeup
(Nourishment)

AUG

Connect 40
(Connection)

HEALTH COACHING



Wellness goals may be personal, but nobody should have to navigate it alone. A certified coach can guide and encourage you to set goals to build healthier habits and improve your wellbeing.

WHAT CAN I EXPECT FROM A COACH?

- Guidance to determine your personal wellness goals
- Expertise to help you achieve healthier habits
- Availability to connect via phone or email
- Flexibility to meet as often as you like: weekly, monthly, etc.

HOW DO I GET STARTED?

- **Call:** 1-800-882-2109
- **Email:** coaching@mywellportal.com

WORK WITH YOUR COACH ON:

- Smoking Cessation
- Nutrition
- Emotional Wellbeing
- Sleep Hygiene
- Fitness
- Finding Your Purpose
- Weight Management
- Family Relationships
- Occupation
- Prenatal Health
- Finances