

# 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](http://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](mailto: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](http://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](mailto: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](http://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 benefit. 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](mailto:beccas@atlanticpkg.com)

**704-909-5731**

