

# Your healthiest you yet

## LiveWell @ Prisma Health

The beginning of the year is the perfect time for a reset—take some time to reflect on your goals for the year and learn about the resources Prisma Health offers to help you feel vibrant and ready to thrive.

### What's new in 2025

- **NEW! Paid Parental Leave benefit.** Starting on January 1, team members welcoming a child to the family may take up to six consecutive weeks of leave at 50% of salary while you bond with your newborn or newly adopted child.
- **Per pay period employer contribution to your Retirement Savings Plan.** In 2025, the Prisma Health nonelective annual contribution will move to a per pay period contribution.
- **New vendors for life and disability coverage.** Visit [Benefits for My World](#) to learn about these and all benefits available to team members for 2025.

### Resources to help you reach your goals

Prisma has a variety of tools and programs to support your health and well-being this year.

### Focused on fitness?

- Discounted rates at many of the YMCAs across the state.
- Discounts on gym memberships, fitness equipment and more with Prisma Health Perks.
- 10% off personal training and sports performance programs through Prisma Health Apex.

- Members of the Prisma Health Medical Plan can access fitness discounts through [Aetna.com](#).
- For more information on fitness opportunities, visit LiveWell @ Prisma Health on [Benefits for My World](#).

### Seeking self-care?

- Add relaxation and mindfulness to your daily routine with Headspace.
- Meru Health gives Aetna plan members access to virtual therapy.

### Motivated to manage your health?

- Hinge Health provides personalized virtual physical therapy for joint care and muscle pain.
- Use the Prisma Health GO app to help you navigate your way to, around, and within Prisma Health facilities. With the Prisma Health GO app, you can find nearby primary care locations and the closest walk-in care facilities as well as so much more.

### Looking for a challenge?

- Visit [prismahealthwellness.org](#) to check out the group challenge for this quarter.

#### Registration Dates:

January 20 to February 2, 2025

#### Challenge Dates:

January 27 to February 23, 2025

## January checklist

Here are a few things you can check off your list this month to help set you up for success in the coming year. Not only will you be making an investment in your health, but many of these activities are worth points in the 2025 Prisma Health Wellness portal. Be sure to log into the portal for information on these healthy steps.

- ☒ **Schedule your preventive care for 2025** including screenings like mammograms or colonoscopies, dental cleanings, annual physicals, and bloodwork.
- ☒ Visit the **Prisma Health Wellness portal** and review the new activities for 2025.
- ☒ Learn about chronic disease management support and programming that may be able to assist you and or your dependents.
- ☒ Attend a **Benefits Webinar** to learn how to get the most out of your benefits.
- ☒ **Activate your Aetna Member Portal account:** Visit [aetna.com/prismahealth](#) and select 'Register'.
- ☒ Join a **Business Resource Group (BRG):** Meet new people and grow your community of support.

Remember! Small, consistent changes can make a big difference in how you feel and take time to L.I.V.E every day.



Lower shoulders and close your eyes



Inhale and focus on your breath



Validate your feelings and emotions



Exhale and release your tension



Scan the QR code to visit the LiveWell @ Prisma Health page on [Benefits for My World](#) for more information and resources.