

January 2025

LiveWell @ Prisma Health

Health & Wellness Resource Guide



PRISMA HEALTH®

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Are you at home?

Visit BenefitsForMyWorld.com. Open to all family members and viewable on all types of devices.

Are you at work?

Visit [Connect](#).

Want motivation to improve your health?

Visit the [Prisma Health Wellness Portal](#).

Need vendor contact information?

Review the [LiveWell flyer](#).



At Prisma Health, our purpose is:

Inspire health. Serve with compassion. Be the difference.

These ideals apply internally to our team members as well. We want to inspire **your** health, serve **you** with compassion and be the difference in **your** lives.

We recognize the intense demands on health care workers and appreciate the differences among us as individuals. Our experiences, challenges, how we experience and manage different stressors and find a supportive work environment — all of these factors and many more shape what we need to live well and thrive.

Survey feedback has shown that you want tools that support wellness in ways that are meaningful to **you** as an individual, and to your families.

We hear you.

This guide is one way we can tangibly show you that we hear you.

I encourage you to read this updated guide, explore the resources that are most meaningful and valuable to you, and share it with your loved ones. Be sure to bookmark the link that brought you here.

Whether you use this guide to start a discussion or make a decision, we want every Prisma Health team member to have the tools and information to live their best, healthiest and most vibrant life.

Amy Linsin

Executive Vice President, Chief HR/Diversity Officer



LiveWell @ Prisma Health

We strive to create a better state of health so we can make a difference in the numerous and varied communities where we live, work and play.

You are also part of the communities we serve. Therefore, we believe we have even more of a responsibility to help you live well — both at home and at work.

The components of our **LiveWell @ Prisma Health** program work together to help you be your best self and live your best life. **LiveWell @ Prisma Health** is based on the belief that holistic wellness doesn't start or stop at the doctor's office. It encompasses all aspects of life.

This is what Prisma Health means when we say we want you to live well. We know that wellness is a journey and we want to walk alongside you as you make your own way.

About this guide

We've designed this guide to give you an overview of the four distinct, yet interwoven ways that Prisma Health supports your:

Physical
Wellness



Emotional
Wellness



Financial
Wellness



Work/Life
Harmony



While many of our key resources are highlighted in this guide, it's important to know that there are even more partners and resources available to our team members to explore. You can learn more about all available resources online at [BenefitsForMyWorld.com](https://www.benefitsformyworld.com). Be sure to read our [LiveWell flyer](#) as well. **Use the tabs at the top of the page to easily maneuver between the wellness pillars.**



Physical Wellness

What is physical wellness?

The ability to maintain good health and successfully get back on your feet when you are hurt or ill.

Regardless of lifestyle, we can all make changes that improve our health, including preventive care. If you have a condition that needs monitoring and/or regular care, Prisma can help you with that as well.

Discover the programs designed to help you reach your physical well-being goals.

Are you on a physical wellness journey?

When you visit BenefitsForMyWorld.com — the go-to source of information on Prisma Health benefits — check out the [Physical Wellness](#) page. There you will find additional resources to support you on your personal journey.

Did you know...

When you embark on your wellness journey you can **earn points that could translate to cash in your paycheck?** That's right, you can earn points and redeem in ways best suited to meet your needs, from cash in your paycheck to gift cards and merchandise. The [Prisma Health Wellness Portal](#) is available to all Prisma Health full-time, part-time and PRN team members and offers incentives for completing activities, challenges and even basic preventive care!

Be sure to visit BenefitsForMyWorld.com to explore all of the physical well-being resources available to team members including:

- Prisma Health medical plans
- Diabetes Management Program
- Health and fitness discounts
- Health care spending accounts
- Paid time off

Prisma Health Primary Care

Providers can be seen in an office or via virtual visit. If you need to find a primary care provider, [click here](#). For everyday health issues, members age 18+ can contact a licensed professional through E-Visit or schedule a video visit with their provider. Visit the [VirtualCare](#) page to get started.

Care when you need it

All team members and their dependents are encouraged to participate in annual preventive visits with their primary care provider. Preventive care is your first line of defense in physical well-being and Prisma Health offers even further resources to help you thrive. The Aetna Choice HDHP and the Aetna Select EPO medical plans both offer alternative network coverage if you do not live near a Prisma Health inVio network provider. For further information about finding care in and outside of South Carolina, visit [BenefitsForMyWorld.com](#).

Direct Primary Care (DPC)

What is it:

- A primary care option that offers same day appointments, annual physicals, sick visits, diagnostic testing and screening, basic labs and chronic disease management
- Comprehensive care team at no additional cost to the team members

Who is it for:

- Designed for team members that do not currently have a primary care provider
- Prisma Health team members and their dependents, if enrolled in a Prisma Health medical plan

How do I use it:

- First appointment must be booked over the phone
 - Baptist Hospital (Columbia) **803-296-7560**
 - 1 E. Stone Ave (Greenville) **864-522-6550**
- Further appointments can be booked in [MyChart](#)

Team Member Care Centers (TMCC)

What is it:

- A same day, on-site care for common acute conditions, lab work and pharmacy services

Who is it for:

- All Prisma Health team members, regardless of medical coverage
- Spouses and dependents ages 16+, if covered under a Prisma Health medical plan

How do I use it:

- Schedule a visit on [MyChart](#) or call **864-455-2455**
- Visit Team Member Care Centers and Same Day Care via Connect to see locations and hours of each TMCC

Employer Health Services (EHS)

What is it:

- EHS offers many programs and services including:
 - In-person health screening services (Know Your Numbers)
 - Health coaching
 - Individual in-person or virtual appointments and structured programming
 - Tools, resources and support to reach your health goals

Who is it for:

- All Prisma Health team members, regardless of medical coverage

How do I use it:

- Email TeamMemberWellness@PrismaHealth.org

Looking for guidance in reaching your health goals?

Many chronic conditions can be improved or even cured by making lifestyle changes, such as increased exercise or dietary changes.

Read on to learn about the support and resources that Prisma Health offers our team members.

Approved diabetes preventative medications are provided at \$5 per 30-day supply while enrolled in the following programs.

Diabetes Prevention Program (DPP)

What is it:

- 12-month structured program of classes (in-person or online) that include topics like nutrition with the goal of reducing the risk of developing diabetes

Who is it for:

- Available at no-cost to team members who are covered by a Prisma Health medical plan
- Has a diagnosis of pre-diabetic or determined at-risk by physician, inVio Network Care Management or other approved screenings

How do I use it:

- Participants can be referred by physician or by inVio Network Care Management
- For self-referral or to learn more call
 - Prisma Health at **803-296-3654**
 - Email DPP@PrismaHealth.org

Diabetes Self-Management Education (DSMES)

What is it:

- Group classes and individual coaching to support team members on all aspects of diabetes self-management, including blood sugar monitoring, risk/complication reduction, insulin pump education, diabetes medications and more

Who is it for:

- Prisma Health team members who are covered by a Prisma Health medical plan and have been diagnosed with Type 1, Type 2, or gestational diabetes
- Available at no-cost in the Midlands and Upstate to enrolled participants

How do I use it:

- Participants can be referred by physician or by inVio Network Care Management
- For self-referral or to learn more call
 - Prisma Health (Upstate) at **864-455-4003**
 - Prisma Health (Midlands) at **803-296-8906**

inVio Network Care Management

What is it:

- A team of RNs, health coaches, social workers, behavioral health care managers and pharmacists who coordinate comprehensive care for many common chronic conditions
- A patient-centered approach to help team members improve overall health and awareness of condition, as well as reduce risk and complications
- Programmatic components include assessment, development of care plan and goals, participation in plan and touchpoints via phone calls and/or in-person meetings with care team. Participants may be referred to other programs (such as Diabetes Self-Management).

Who is it for:

- Prisma Health team members and dependent adults who are covered by a Prisma Health medical plan
- Diagnosis of diabetes or other chronic condition

How do I use it:

- For self-referral or to learn more call
 - Prisma Health (Upstate) **864-522-2060**
 - Prisma Health (Midlands) **803-434-6644**

Prisma Health offers many programs and support to help you from the early stages of diabetes to managing diabetes. View the [Diabetes Management Program](#) page on [BenefitsForMyWorld.com](https://www.benefitsformyworld.com).



At-home healthcare

Team members and dependents who are covered by a Prisma Health medical plan can also take advantage of at-home and app-based resources for their physical well-being.

Hinge Health

What is it:

- Virtual digital care for joint and muscle pain therapy
- App-based exercises and therapy developed by a Hinge Health care team

Who is it for:

- Prisma Health team members and dependent adults who are covered by a Prisma Health medical plan
- Available at no-cost to covered participants

How do I use it:

- Team members can sign up by visiting [Hinge Health](#)
- This dedicated website for team members will guide you through an assessment
- Once the assessment is complete, instructions will be provided for downloading the app and getting started

Catapult Health

What is it:

- An at-home kit to collect health data such as blood sugar, body mass index and blood pressure
- Virtual consultations with a nurse to review this health data
- An at-home alternative for getting lab work done for a yearly physical

Who is it for:

- Any Prisma Health team member enrolled in a Prisma Health medical plan

How do I use it:

1. Visit [VirtualCheckup by Catapult Health](#) and click on "Send My No-Cost Home Kit"
2. Enter your **personal** email address when registering
3. Catapult Health will verify your eligibility and send your at-home test kit
4. Follow the instructions on the kit when it arrives to collect your blood sample and other data and send back to Catapult
5. Catapult Health will contact you once they receive your results to schedule your virtual visit

Prisma Health GO App

What is it:

- The Prisma Health GO App is a one stop shop for navigating care at Prisma Health

Who is it for:

- Anyone

How do I use it:

- Download the [GO App](#)
- Get step-by-step directions to hospitals or medical practices
- Locate a department or patient room from inside a hospital
- Find a hospital or practice location
- Find nearby primary care and specialty doctors
- Find the closest Emergency Department
- Find the closest walk-in care facilities
- Access your health information on the MyChart patient portal

Prisma Health GO is available for both [Apple](#) and [Android](#) devices.

Staying Nutritionally and Physically Fit: Whether fitness is a new goal for you, or you're a workout warrior, all Prisma Health team members can take advantage of these resources and partnerships to keep you feeling like your most vibrant self.

Prisma Health Wellness Portal

What is it:

- An online portal of wellness information and learning opportunities, including webinars, video courses and opportunities to meet with a health coach
- Activities completed in the portal earn points which can be redeemed for a cash incentive to put towards your Prisma Health medical premium or other gift options

Who is it for:

- All Prisma Health team members

How do I use it:

- Visit the [Wellness Portal](#)
 1. Select "Join now" and follow the prompts to complete your profile
 2. Visit the Wellness Portal regularly to complete activities and earn points

YMCA Partnership

What is it:

- Discounted memberships to local YMCA's
 - [YMCA Sumter](#)
 - [YMCA Midlands](#)
 - [YMCA Greenville](#)
 - [YMCA Foothills Area](#)

Who is it for:

- All Prisma Health team members

How do I use it:

- Contact your YMCA for membership and Prisma Health discount information
- Membership fees for any of the partner YMCA's can be payroll deducted

Quit Tobacco

Prisma Health offers a variety of in-person and online tobacco cessation programs for team members who need them. If quitting tobacco is part of your journey, check out these resources as well as others on [BenefitsForMyWorld.com](#).

Prisma Health Wellness Portal Tobacco Cessation Program

What is it:

- A video course library designed to guide you on your journey to a smoke-free life

Who is it for:

- All Prisma Health team members

How do I use it:

- Visit the [Wellness Portal](#)
 1. Select "JOIN NOW" and follow the prompts to complete your profile
 2. Complete the Tobacco Affidavit. The tobacco cessation program will become available to anyone who indicates current use of tobacco.

TELUS Health Employee Assistance Program

What is it:

- Information and coping strategies to support you on your tobacco cessation journey
- A self-directed program that offers modules and exercises for you to complete at your own pace

Who is it for:

- Prisma Health team members and dependents who are covered by a Prisma Health medical plan

How do I use it:

- Visit: [LifeWorks](#) to view all EAP resources and schedule an appointment online
 1. Click "Log In" and enter your PrismaHealth.org email address
 2. Use your Prisma Health network username and password when prompted
 3. You can find the Tobacco and Nicotine Cessation Program under CareNow Programs



Emotional Wellness



What is emotional wellness?

The ability to successfully handle life's stresses and adapt to change and difficult times.

Here at Prisma, we care about the impact that your work, relationships, finances, health and current events can have on your emotional well-being. We offer a variety of programs to help you identify the root causes of stress. These programs include finding healthy ways to improve your mental and emotional well-being and practicing self-care so you can be your most vibrant self.

Learn more about the programs available to you when you need some extra support on BenefitsForMyWorld.com.

For non-emergencies, a team member may self-refer to the Prisma Health Upstate Outpatient Department of Psychiatry by calling 864-455-3805 (Monday-Friday, 8AM-5PM EST). A Connect Center Psychiatry Referrals team member will assist with the self-referral process for you or your child.

Did you know...

You can earn points in the [Wellness Portal](#) when you invest in your emotional well-being! Check out the portal for challenges, webinars and other engagement opportunities that you can participate in.

Need coaching, counseling, or care?

In-person, virtual and on-demand options are available to you and your family. We offer several different platforms, recognizing that mental and emotional health is a very personal journey and a one-size-fits-all solution sometimes doesn't actually fit. Further information about these and additional emotional wellness resources are available on the [Emotional Wellness](#) page on BenefitsForMyWorld.com.



Headspace

What is it:

- A downloadable app for mindfulness, sleep and meditation
- This is a free app that contains short videos, podcasts and music to help with focus, confidence, movement, sleep and stress

Who is it for:

- This app is free for all Prisma Health team members with a valid Prisma Health email address
- Each participating team member can invite up to 5 friends and family members to join for free as well

How do I use it:

- Enroll in [Headspace](#)
- Be sure to set up your account using your **personal** email address, it will then ask for your Prisma Health email address to verify your eligibility
- After your eligibility is verified and registration is complete, you can then invite up to 5 friends/family members to set up their own accounts as well
- Once you have the app downloaded and set up, access it whenever you wish to explore the content that's most meaningful to you

TELUS Health EAP

What is it:

- Onsite, phone and video counseling and support services for topics including parenting, eldercare, disabilities, legal and financial
- 5 counselors onsite across different Prisma Health locations offering short-term, solution-focused counseling, resources, referrals and support
- Free and confidential

Who is it for:

- Prisma Health team members
- Team member household members and dependents

How do I use it:

- Call: Care Access Center **877-761-3614** to schedule an appointment
- Visit [LifeWorks](#) to view all EAP resources and schedule an appointment online
 1. Click "Log In" and enter your PrismaHealth.org email address
 2. Use your Prisma Health network username and password when prompted

Meru Health

What is it:

- A mental health care program provided by Aetna, Prisma Health's medical insurance provider
- App-driven support through daily programming and available chat or video sessions with a licensed therapist

Who is it for:

- Prisma Health team members and dependent adults who are covered by a Prisma Health medical plan
- Costs are determined by the participant's chosen healthcare coverage and deductible requirements

How do I use it:

- Team members can [sign up and get instructions](#) on downloading the app
- Meru Health will coordinate with Aetna to determine participant's cost



Financial Wellness

What is financial wellness?

The ability to meet current financial obligations, plan for the future and feel confident making decisions that allow you to enjoy your life.

We offer you tools to help you take positive steps toward meeting your financial goals and achieving the security you desire. With the right tools, you can take action to reduce or prevent the stress of financial pressures.

Learn about the tools available to help you determine where you are now and develop a financial plan to get you where you want to go.

Explore the “When you’re planning for your future” life journey on BenefitsForMyWorld.com.

Prisma Health Financial Benefits

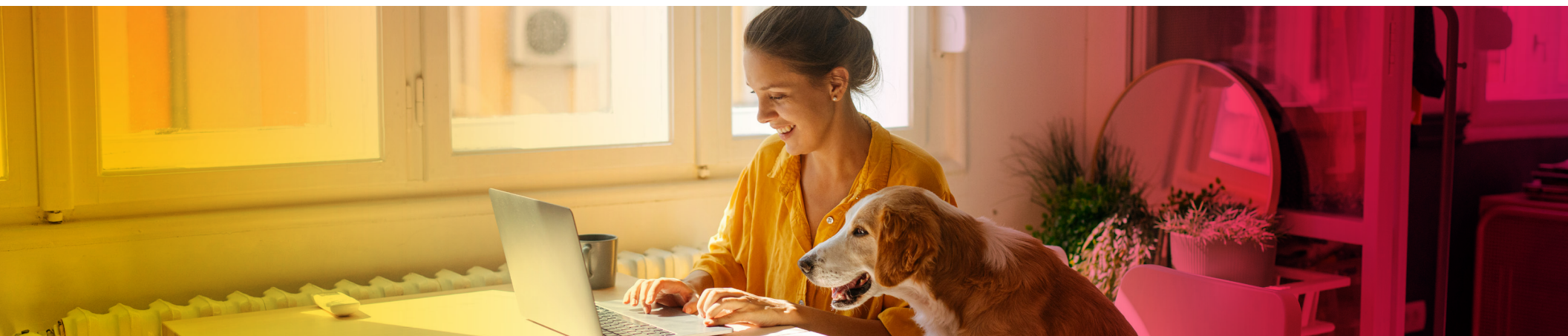
Our benefits program includes financial insurance options such as:

- Life and AD&D Insurance
- Disability Insurance
- Whole Life Insurance
- Accident, Critical Illness and Hospital Indemnity Insurance
- Lifetime Benefit with Long-Term Care Insurance
- Home and Auto Insurance

Learn more about these benefits and more on the [Financial Wellness](#) page on BenefitsForMyWorld.com.

? Did you know...

The [Prisma Health Wellness Portal](#) provides opportunities for you to learn more about some of your financial well-being benefits and earn points for spending while you learn.



Your Money Line

What is it:

- A live and online resources for financial planning, including budgeting, debt, unexpected crises, etc.
- Free unlimited sessions with a certified financial coach

Who is it for:

- All Prisma Health team members

How do I use it:

- Visit [Your Money Line](#) to sign up
- Enter your 7-digit (numeric) employee ID to confirm eligibility

Register with your **personal** email address. From there you can access all of the tools, articles and appointment scheduling available to you.

Empower

What is it:

- Empower is the Prisma Health Retirement Savings Plans recordkeeper

Who is it for:

- All Prisma Health team members can enroll after receiving your first paycheck

How do I use it:

- After your first paycheck, you can enroll or learn more about the plan [online](#) or by calling **833-961-5287**
- You can elect to contribute up to 15% of your pay in a variety of investment options with traditional pre-tax contributions, Roth after-tax or both
- Eligible, participating team members receive a discretionary employer-matching 401(a) contribution plus a 3% employer non-discretionary contribution
- All Prisma Health team members are automatically enrolled in the retirement plan at a 3% contribution unless you actively enroll or decline participation within 30 days of eligibility

Prisma Health Perks

What is it:

- A discount program with numerous local and national business partners, providing discounts on products and services

Who is it for:

- All Prisma Health team members

How do I use it:

- Visit [Prisma Health Perks](#)
- Scroll through participating vendors in the Upstate and Midlands
- Present your Prisma Health team member identification badge to any participating business to receive the discount offered



Work/Life Harmony



What is work/life harmony?

The ability to work towards personal goals and cultivate meaningful relationships both at work and at home.

We offer work/life support to help balance the many demands on your time – even a small amount of assistance can make a big difference. Read on to learn more about the programs available to help you balance your responsibilities.

Explore the “When life happens” life journey on BenefitsForMyWorld.com.

Business Resource Groups (BRGs)

No matter who you are, there is a BRG for you! BRGs are groups of team members, led by team members, designed to provide community and connection, supporting a culture of inclusion. BRG events may be held in-person or virtually and are open to everyone. There are more than a dozen BRGs. Examples include:

- Levi Kirkland Society of African American Physicians
- Pride Alliance
- Telecommute Worker (TC)
- Veterans Resource Group
- Women’s Alliance Network
- Young Professionals
- Mindfulness and Emotional Intelligence (ME)
- Whole Self/Wellness

View the [full list of BRGs](#) and join a BRG through Workday.

Benefit Bump

What is it:

- An online, phone and mobile resource for family support during pregnancy, adoption and fertility treatment
- Access to a dedicated Care Navigator to help you understand your work benefits, time off, childcare options and other concerns for new parents and growing families

Who is it for:

- All Prisma Health team members and their growing families
- Team members do NOT need to be enrolled in a Prisma Health medical program to utilize this benefit
- There is no cost to team members for using Benefit Bump

How do I use it:

- Team members can visit [Benefit Bump](#) online to register with invitation code PRISMA or to locate the downloadable app
- Be sure to register with a **personal** email address
- Once you sign up, a Benefit Bump care navigator will set up an orientation call to discuss how to use the benefits

Bright Horizons

What is it:

- Back-up care options for children, adults and elders
- Virtual tutoring for children and adult learners
- Pet care and boarding options
- Education assistance through student loan support and tuition discounts

Who is it for:

- All Prisma Health team members

How do I use it:

- Download the app or visit [Bright Horizons](#)
 - Enter username **"Prisma"** and password **"health"**
- You can also call Customer Service at **877-242-2737**

Work/life harmony for you, your family, and your family-to-be

When you visit [BenefitsForMyWorld.com](#) — the go-to source of information on Prisma Health benefits — check out the Life Journeys menu. There you will discover resources to help you with [work/life harmony](#) — no matter the journey you're on!

- Getting married
- Growing your family
- Providing elder care
- Taking paid time off
- Transitioning to an empty nest

Prisma Health offers several benefits designed to support you and your growing family. Whether you are adopting, looking to grow your family through IVF, want to nurse your child after returning to work or need help sorting through childcare or school options, our diverse work/life harmony programs can help.

Prisma Wellness Portal

The **Prisma Health Wellness Portal** is available to all full-time, part-time and PRN team members. Please note that you are not required to be on a Prisma Health medical plan to participate.

You can earn rewards by completing activities and learning more about the resources Prisma Health offers to help you LiveWell. Rewards include gift cards, merchandise, or even cash to reduce the cost of your medical premiums! Be sure to log into your portal regularly for new and ongoing opportunities to earn points for spending.



We're always here for you

For the most up-to-date benefit and wellness information, visit BenefitsForMyWorld.com.

Inspire health. Serve with compassion. Be the difference.

