

2026/2027

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, 2027 – September 30, 2028) employees on the medical plan must complete all four wellness activities:

1 BIOMETRIC SCREENING

- Onsite Screenings will be available at many locations in October 2026.
- If unavailable or missed, complete the **Physician Form** found in the Biometric Screening tile 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** tile 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** tile in the WellRight portal.

Qualifying Exams include:

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

4 ONE HEALTH COACHING OR BEHAVIORAL HEALTH APPOINTMENT

Schedule by:

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

Special Note for Tabor City Employees:

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



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MISSED THE AUGUST 31, 2026 DEADLINE?

You can still earn the wellness discount for the 2026–2027 plan year by completing all four required activities during the year. Once completed, you'll be moved to the discounted rate the following month.

IMPORTANT REMINDERS

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

NEW EMPLOYEES

If hired on or before March 1, 2027:

- Sign up for the wellness discount **now**
- Complete all activities by August 31, 2027 to keep the wellness discount next year

If hired on or after March 2, 2027:

- Sign up for the wellness discount **now**
- You will get discount next year automatically

Complete all 4 activities October 1, 2027 – August 31, 2028 to keep the discount.

SPOUSES

Spouses on the Medical Plan are required to complete the following preventive activities:

- Annual Physical
- Preventive Exam

Upload proof of completion for both the Annual Physical and the Preventive Exam (e.g., Explanation of Benefits, confirmation email, receipt, or verification form) in the WellRight portal.



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



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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 Appt.

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.



CARTER WELLNESS CLINIC (TABOR CITY EMPLOYEES ONLY)

**for employees on the medical plan only*

Visit Wendy Meares, Nurse Practitioner, at 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.

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

TELADOC SERVICES

**for employees on the medical plan only*

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

Contact: 1-800-Teladoc

ACHIEVE HEALTH

**for employees on the medical plan only*

Lifestyle & Disease Management Coaching – Free, confidential phone coaching for covered family members to support chronic conditions, stress, fitness, and tobacco cessation.

Healthy Weight Program – Personalized coaching to support weight management. Enroll and participate to receive GLP-1 weight loss medications for a \$25 copay.

Contact: 866-234-4635

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 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 at the end of the program year. 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 a portion 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 Program Director
beccas@atlanticpkg.com | 704-909-5731

