



Carolinan HealthCare System

Your Health and Retirement at CHS

Did YOU Know?

Good News About Know Your Numbers

Teammates,

Knowing your numbers is an important step in maintaining and improving your health. The CHS LiveWELL Incentive rewards you for knowing your numbers. New in 2016, you can submit Know Your Numbers lab values using electronic lab transfer (E-Transfer).

Here are the steps to E-Transfer your lab values from your CHS provider:

- Complete [Know Your Numbers Consent to E-Transfer](#)
- Select one or more visits to send all [necessary lab results](#)
- If your labs do not appear in the E-Transfer records, you may visit a CHS On-Site Care location for a Know Your Numbers visit or mail your lab results using the 2016 [Know Your Numbers](#) form

It is important for you to know that if your 2015 lab values were in the recommended value range, you can resubmit those lab values in 2016. If your lab values were *not in the recommended value range*, we encourage you to get new labs in 2016 as a proactive approach to managing your health.

If you have questions about Know Your Numbers or the [CHS LiveWELL Incentive](#), email [CHS LiveWELL](#) or call 704-355-8136.

Please know, taking action now to earn your full CHS LiveWELL Incentive will help you fund your [Health Savings Account](#) (HSA).

Today and always, I wish you good health.

Debra

Debra Plousha Moore

Chief Human Resources Officer

Executive Vice President

Together, let's prepare for today and plan for the future.

To learn more about Your Health and Retirement at CHS, please visit:
healthandretirement.carolinanhealthcare.org