



Carolinas HealthCare System

Your Health
and Retirement
at CHS

Did YOU Know?

Reminder about Time Out for Prevention

Teammate,

Preventive care can help you stay well and catch problems early when they are most treatable.

I want to remind you of an important preventive opportunity available to you, [Time Out for Prevention](#). This program provides you with two hours of paid time off to access preventive care services such as annual wellness visits, screenings, dental check-ups, chronic care management counseling and more. Review the [Frequently Asked Questions](#) to learn about Time Out for Prevention.

Additionally, the [Preventive Care Guide](#) provides information about preventive care services covered by the CHS LiveWELL Health Plan. Be sure to discuss Time Out for Prevention with your manager and provide enough notice to ensure the appropriate time-keeping code is recorded during your absence.

Please know, I care about you and your family's health and encourage you to take full advantage of this unique benefit.

If you have benefits questions, you can get answers anytime, anywhere, on any device at healthandretirement.carolinashealthcare.org.

Have a wonderful week.

Debra

A handwritten signature in black ink that reads "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.carolinashealthcare.org