



WELCOME TO YOU CARE

YOUR TIDELANDS HEALTH WELL-BEING PROGRAM

YOU CARE is your employee partner well-being program. You care for the people of our community, and the Tidelands Health YouCare program lets you focus on yourself to support your overall health.

YouCare provides a customizable path to help you achieve your wellness goals while you have fun and earn contributions to your health reimbursement account or lifestyle spending account. All full-time and part-time employee partners are eligible to participate in YouCare. You do not have to be enrolled in health benefits through Tidelands Health to participate and earn contributions.

Complete YouCare activities to earn points, which will translate into dollars for your HRA or LSA.

The goal is to accumulate 100 points for 100 percent maximum contribution. All participants must complete an online lifestyle questionnaire by July 31 to earn points.

If applicable, chronic condition management will be identified in your YouCare account and requires a series of appointments that need to be completed by July 31.

Get started

To get started in YouCare, beginning Oct. 1, visit tidelandshealthyocare.org.

New hires can register as a new user, using your last name, date of birth and last four digits of your social security number. You will be prompted to set a username and password, as well as other preferences in your new profile.

If you are a returning YouCare user, access your account at tidelandshealthyocare.org with the username and password you have established. After registering or logging on after Oct. 1, you can complete the online lifestyle questionnaire.

Get rewarded

When you participate in YouCare, you can earn HRA dollars to be used to pay for health care

expenses, including medical, vision or dental care and prescriptions.

Or you can select to earn a lifestyle spending account instead of earning an HRA contribution. Selection of your incentive choice (HRA or LSA) will be made when you complete your lifestyle questionnaire. An LSA is an employer-funded, post-tax spending account that promotes healthy habits and overall well-being. Eligible expenses and plan details are customized by Tidelands Health. Reimbursement maximums and other restrictions apply. Please contact Tidelands Health WeCare at wecareteam@tidelandshealth.org for additional information.

You may only participate in either the HRA or LSA in a benefit year — not both.

We offer flexibility in earning your HRA or LSA

contribution. With an extensive activity list, you can achieve improved well-being and get creative as you consider all dimensions of your self-care — physical, emotional, occupational, financial, social, spiritual, environmental and intellectual. This supports the wellness goals most important to you. See the full list of activities at tidelandshealthyocare.org.

BENEFIT COVERAGE	MAXIMUM HRA
BENEFIT COVERAGE TIER	CONTRIBUTION
Employee partner only.....	\$750
Employee partner + Spouse, Employee partner + Child(ren), Employee partner + Family	\$1,000
MAXIMUM LSA ELIGIBLE.... Employee only	\$250

New hires

Employee partners hired after July 31 are eligible to participate in the 2026-2027 benefits year.

Employee partner + spouse / family coverage

SPOUSE ACTIVITIES

If your spouse completes all of the following activities before Sept. 30, your spouse will earn the maximum HRA contribution amount of \$250. The spouse HRA contribution will be added in one lump sum to the HRA contribution amount earned by the employee partner.

1. An online lifestyle questionnaire
2. An annual visit with primary care provider between Oct. 1 and Sept. 30
3. Chronic condition management (if applicable)

If applicable, will be identified in your YouCare account and requires a series of appointments that need to be completed by July 31.

Employee partner + child(ren) coverage

You may earn an additional \$250 HRA contribution by completing the following activity by Sept. 30 for

children covered by benefits under the employee partner + child(ren) tier — but only if you complete all incentive qualifying activities.

- **Primary care visit between Oct. 1 and Sept. 30; for every child covered by benefits under the employee partner + child(ren) tier***

**No partial HRA contribution will be awarded if primary care visit documentation is not provided for all covered dependents.*

For additional information on YouCare activities or for more detail about the available activities and to maximize your incentive total for the next plan year, please refer to the full program description available on The Bridge, or contact your Tidelands Health WeCare department at wecareteam@tidelandshealth.org.

Confidentiality

The privacy of your personal information is extremely important to Tidelands Health and CoreHealth, our wellness program partner. Your personal information is not shared with your employer in an individually identifiable format and is only shared with the third parties necessary to provide wellness services and as otherwise permitted by law. Please visit tidelandshealthyocare.org for privacy policy details.

Reasonable alternatives

Your health plan is committed to helping you achieve your best health. Incentives for participating in the well-being program are available to all full-time and part-time employee partners. If you think you might not be able to meet a standard for an incentive under this well-being program, you may qualify for an opportunity to earn the same reward by different means. Contact the WeCare department at 843-652-1363 or 843-652-1602, and we will work with you, and, if you wish, with your doctor, to find a well-being program with the same incentive that is right for your health status.

Questions?

Contact us at wecareteam@tidelandshealth.org, or visit tidelandshealthyocare.org.