

# Wellstar Rewards

For Your Total Wellbeing



## Your Wellness

Benefits for Body and Mind

### MEDICAL BENEFITS

**Medical Plan**  
**Dental Plan**  
**Vision Plan**  
**Healthcare Flexible Spending Account**  
**Critical Illness Insurance**  
**Hospital Indemnity Insurance**  
**Accident Insurance**  
**Pet Insurance**  
**Benefit Navigators**

### PHYSICAL FITNESS

**On-Site Fitness Centers**

### WELLNESS OFFERINGS

**Wellness Coach** - can lead you in individual, group and leader training tailored to your individual wellness goals.  
**Wellness Consultations** - assess your Wellness needs and refer you to the most appropriate resource.  
**Wellness Specialist** - your on-site resource navigation that can help you connect with other special and unique benefits, as well as present interactive wellness activities and exercises to benefit your total well-being.  
**Virtual Trainer/Dietitian** - on demand videos with Wellstar Wellness Specialist and Registered Dietitians. Tips, tricks, and routines to help with healthy living.

### WELLNESS PROGRAMS

**Center for Best Health** - a metabolic clinic that provides all the tools you need to control weight, diabetes, blood pressure and cholesterol.  
**Change Your Range** - a behavior modification program  
**Eat Well** - designed to help you recognize which food items to choose more of, and which to choose less of, all by looking at the color of the star placed next to the food item!  
**Living Well at Work** - interactive wellness program that provides content around healthy living.  
**Maintain Don't Gain** - a holiday challenge designed to help you maintain, and potentially lose weight over the holiday season.  
**ShareCare** - an app designed to help you Get moving and reach your health goals



## Your Joy

Workplace Culture, Recognition and Work-Life Balance

### WORK-LIFE BENEFITS

**Wellstar Concierge**  
**Robust Employee Assistance Program (EAP)**  
**On-Site Child Care Centers**  
**Back-Up Care**  
**Virtual Tutoring for Kids**  
**Access Special Needs Support**  
**Resources for Sitters, Nannies, Elder Care, Housekeepers and Pet Sitters**  
**Help with Tutoring & Test Prep**  
**Discount Sites**

### FOR YOUR FAMILY

**Flexible Work Options**  
**36 Weeks Job Protected Time Off**  
**Adoption Assistance**  
**Paid Maternity/Paternity Leave**



## Your Future

Financial Health and Retirement Support

**Retirement Savings 403(b) Plan**  
**Identity Theft Protection**  
**Health Savings Account (HSA)**  
**Short Term Disability Insurance**  
**Long Term Disability Insurance**  
**Life and Accidental Death & Dismemberment Insurance**  
**Scholarship Opportunities**  
**Education Coaching**  
**Tuition Assistance**  
**MembersFirst Credit Union**



## Your Pay

Earnings and Incentives

**Competitive Pay**  
**Merit Increases**  
**Performance Pay Plan (PPP)**  
**Extended Illness Bank (EIB)**  
**Paid Time Off (PTO)**