



# Wellstar MyCare Rewards

Wellstar is continuing our investment in you through **Wellstar MyCare Rewards** which provides rewards and offerings focused on keeping your mind, body, and spirit healthy.

We want to honor what is most important to you and enable you to choose what is best for you. We hope these rewards show our gratitude and appreciation for your remarkable contributions and sacrifices throughout this challenging pandemic.

## AVAILABLE NOW



### Free Headspace for a Year

Mobile mindfulness and meditation app to help with stress, anxiety, sleep, focus, fitness, and more.



SCAN TO ENROLL



### Free Access to Wellstar Fitness Centers for a Year

Free access for team members to all Wellstar fitness centers (including Health Place and Highland Athletic Club) after signing liability waiver. Access waiver on eSource or by scanning the QR code prior to visiting a Wellstar fitness center.



SCAN TO ENROLL

## AVAILABLE LATER THIS YEAR



### Extra, Dedicated On-site EAP Support for a Year

Additional on-site dedicated counselors available for team member support. (Wellstar facilities vary).



### Permanent Wellness Rooms

Permanent space at each hospital and health park will be converted into Wellness Rooms for team members to use before, during and after their shifts. Options will vary by location and may include:

- Massage/zero gravity chairs
- Yoga mats and resistance bands for stretching
- Aromatherapy
- Meditation spaces for education/wellness sessions
- Library of resources to support mindfulness, stress relief and overall wellbeing.

*Thank you for going above and beyond to care for our patients, communities and each other.*