

September 2022

Take charge of your well-being

In this issue, get your free flu shot, utilize back-up childcare resources, and become an ally as we celebrate National Hispanic Heritage Month. Don't forget to unplug from your electronics by joining the Engage Power Down Challenge.

FINANCIAL Well-being



Increase your Investment IQ

Learn the ropes of investing by attending Fidelity's Take the First Step to Investing workshop on Sept. 21 at noon or 3:00 p.m. [Learn more.](#)

Reach Financial Empowerment

As we reflect on the meaning of Hispanic Heritage Month, we're reminded that every financial journey has a personal story. On Oct. 6 at 2:00 p.m., Fidelity will be hosting a [webinar](#) showcasing a few Latino voices as they discuss their financial journey and what you can do today to reach your financial goals. [Learn more.](#)

PHYSICAL Well-being



Stay Flu Free

There are many ways to receive your free flu shot through our My Well-being Program. Take advantage of this benefit to protect yourself and others this flu season. [Learn more.](#)

Ask a Medical Expert

When faced with a medical concern, timely expertise from an expert can be the key to comprehensive treatment. ConsumerMedical® is available to support you while making decisions about your care, as well as Blue Distinction Specialty Care centers that provide a variety of high-quality treatments in specialty areas. [Learn more.](#)

SOCIAL Well-being



Mentor and Make a Difference

Interested in helping students fall in love with STEM? Join TryEngineering, a virtual learning experience, to mentor students in STEM. [Learn more.](#)

Celebrate National Hispanic Heritage Month

We're spotlighting the contributions and accomplishments of Hispanic Americans and Latinx representation. The Employee Resource Group, [One Adelante](#), is a great resource to learn about the rich history of the Hispanic and Latinx communities. [Learn more.](#)

EMOTIONAL Well-being



Breaking the Stigma

This month we're acknowledging Suicide Prevention Awareness Month to raise awareness of this stigmatized, and often taboo, topic. The [ComPsych® NGCare program](#) is available to provide support to you and your family members. [Learn more.](#)

Family and Academic Support for Back-to-School

As families settle into their back-to school routines, remember that your [Bright Horizons® back-up care advantage program](#) provides 10 days of back-up care for use on days when your regular care falls through. Additionally, to support even more parents, you can trade back-up care for tutoring sessions. [Learn more.](#)

Free Your Mind: Join the Power Down Challenge

Power Down for a better you, emotionally and physically, with proper rest and improved sleep. Enrollment begins Sept. 6 and the challenge will run from Sept. 7-30, 2022. [Learn more.](#)

ENGAGE in your Well-being



Congratulations to all employees who have earned Engage Rewards Center points this quarter for completing healthy actions and well-being activities. As a reminder, you can redeem earned points in Engage through September 30, 2022 for a chance at various rewards. If you haven't already, register for [Engage](#) to take action and receive personalized information to stay well.

Well-said: Employee testimonial

"In search of an expert medical opinion, ConsumerMedical® gave me information that helped to confirm that all parameters had been thought through and researched for my condition. Their research team provided a wealth of information in addition to my own research. ConsumerMedical® helped to give me peace of mind that I was making the right decision for my body."

—Anonymous

My well-being webinars

Participate in upcoming well-being webinars designed to help you thrive financially, physically, socially and emotionally. [Click here](#) for a complete list of webinars and details on how to register.

For more information, visit [My Well-being](#) on [Total Rewards Gateway](#).

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