



# SERCO WELLBEING

Impact Your Wellbeing:  
Small Steps Towards a Healthier You



2025 SERCO WELLBEING GUIDE

serco wellbeing



# IMPACT YOUR WELLBEING

Small Steps Towards a Healthier You



Serc Wellbeing is dedicated to helping you improve your total health and wellbeing through small, impactful changes.

Whether it's committing to daily exercise, practicing mindfulness, or taking time to connect with others, Serc Wellbeing can help you reach your wellness goals with valuable support and resources.

Take the first step towards a healthier you with Serc Wellbeing. Together, we can make a positive impact on our wellbeing, one small step at a time.

## 2025 SERCO WELLBEING ACTIVITIES



### RISE TO THE CHALLENGE

Join the quarterly wellness challenges designed to boost your wellbeing. You'll receive support, resources, and rewards to help you reach your personal goals.



### TOTAL WELLBEING ON-DEMAND

Participate in monthly on-demand activities on your own time, exploring a variety of health and wellness topics.



### LINKEDIN LEARNING COURSES

Learn new skills to help you stay healthy and focus on your wellness with quarterly courses.



### MINDFUL MOMENTS

**NEW FOR 2025:** Reduce stress and reconnect with a sense of calm through guided activities each month.



# INCENTIVES & REWARDS

Serco Wellbeing offers activities and challenge throughout the year, allowing you to earn tickets and rewards. The more you do, the more you earn!

## SERCO WELLBEING TICKETS

Earn Wellbeing Tickets by participating in activities for your the chance to win rewards.

*Reminder: Check the My Wellbeing Dashboard on My Insights to see how many tickets you earned!*

ACTIVITIES	WELLBEING TICKETS
TOTAL WELLBEING ON-DEMAND	1 Wellbeing Ticket per activity
MINDFUL MOMENTS	1 Wellbeing Ticket per activity
LINKEDIN LEARNING COURSE	5 Wellbeing Tickets per quarterly activity
RISE TO THE CHALLENGE	<ul style="list-style-type: none"> <li>• 1 Wellbeing Ticket for each weekly activity</li> <li>• 10 Wellbeing Tickets for completing entire challenge</li> </ul>
HIGHER EDUCATION	<ul style="list-style-type: none"> <li>• <b>Higher Education Cafe:</b> 1 Wellbeing Ticket for each event</li> <li>• <b>Course:</b> 1 Wellbeing Ticket for each course completed</li> <li>• <b>Graduation:</b> 10 Wellbeing Tickets upon graduation</li> </ul>

## SERCO WELLBEING REWARDS

Earn Wellbeing Tickets by participating in activities for your the chance to win rewards.

### RISE TO THE CHALLENGE

Ten participants will be selected to win a wellbeing gift for challenge participation.

### QUARTERLY WELLBEING PARTICIPATION

Ten participants will be selected each quarter to win a wellbeing gift.

### MINDFUL MOMENT

**NEW FOR 2025:** Win a HelloFresh box for participation in the monthly Mindful Moments activities.

### CAUGHT IN ACTION: MAKING A WELLBEING IMPACT

**NEW FOR 2025:** Get noticed for your healthy habits and you could win a wellbeing reward!

Each month, Serco Wellbeing is recognizing employees who make a positive impact on their health. Winners will receive a wellbeing prize in recognition of their efforts.

## SERCO INCENTIVE DOLLARS

Employees can earn incentive dollars through Cigna by participating in wellbeing activities.

### ENROLLED IN A CIGNA MEDICAL PLAN:

Incentive dollars are contributed to your HSA or HRA.

### NOT ENROLLED IN CIGNA MEDICAL:

Eligible to earn up to \$100 in gift cards.

*\*\*View the 2025 Benefits Guide for more information about eligible activities and incentive amounts.*

### HOW TO ACCESS

Please note: All benefits-eligible employees have access to MyCigna.

- Log into your [MyCigna](#) account. If you have not registered, select the Register button and use your SSN to create an account.
- Select the **Wellness** tab at the top of the homepage, then **Wellness & Incentives**.



# WELLBEING RECOGNITION

Serco Wellbeing recognizes and celebrates employees who embody a commitment to health and wellness through their positive lifestyle choices and dedication to wellbeing.

## wellbeing warriors

### IMPACT STARTS HERE: SMALL STEPS LEAD TO BIG CHANGES

Serco Wellbeing continues to celebrate your wellbeing success and accomplishments with the Wellbeing Warriors program. From small goals to proud moments, we want to recognize your wellbeing wins!

#### Share Your Healthy Goals and Proud Moments

Submit a nomination to highlight how you or a colleague are thriving in any wellbeing pillar, such as health accomplishments, mindful practices, financial achievements, fitness milestones, volunteering - or more!

#### Wellbeing Warrior Reward

One winner will be celebrated and highlighted each month as part of our Wellbeing Warriors Campaign and awarded an exciting prize valued at up to \$500!



## CAUGHT IN ACTION: MAKING A WELLBEING IMPACT

**NEW FOR 2025:** Get noticed for your healthy habits and you could win a wellbeing reward!

Each month, Serco Wellbeing is recognizing employees who make a positive impact on their health. Winners will receive a wellbeing prize in recognition of their efforts.

**NEW!**



Visit the [About Serco Wellbeing](#) page on the Wellbeing Website to learn more about incentives and rewards.



## ADDITIONAL SERCO RESOURCES

Serco is committed to supporting you and your family with a range of benefits designed to enhance your wellbeing. From comprehensive health resources to family-friendly programs, we are here to ensure you have the tools and support you need to thrive both personally and professionally.



Life can be complicated. Get help with all of life's questions, issues and concerns with TELUS Health - your Employee Assistance Program provided by Serco.

TELUS Health offers support with mental, financial, physical, and emotional wellbeing. So whether you have questions about handling stress at work or home, parenting and child care, managing money, or health issues, you can turn to TELUS Health.

### TELUS HEALTH CAN HELP WITH:

- Stress Management
- Anxiety & Depression
- Parenting
- Child & Eldercare
- Family Conflicts
- Work-life Balance
- Communication
- Relationship Issues
- Grief and Loss
- Financial Concerns
- Legal Issues
- Health & Wellbeing

### HOW TO ACCESS:

If you are or someone close to you is going through a difficult time, remember the EAP is available anytime - 24/7, 365 days a year.

- **Phone:** 833-672-3327
- **Website:** [one.telushealth.com](https://one.telushealth.com)
  - **First-time users:** Use the invitation code 'sna-employeeID' to register (ex. sna-80012345).
  - **Returning Users:** Log in using your email address and password set up during registration.
- **Mobile App:** download the free mobile app on Android or iOS - search for TELUS Health One.



### Having a baby in 2024? You're eligible to receive a Serco Baby Care Package!

This is our way of welcoming your new bundle of joy to the family!



Exceptional benefits from Bright Horizons® designed to meet your family's needs. Explore all your benefits available today:

- Back-Up Child Care, Adult and Elder Care
- Full-Time Child Care Perks
- Tutoring & Test Prep
- College Prep



With a membership to Active & Fit Direct, you can select any participating fitness center for \$28 per month. Also included is access to their 1,500+ video online workout library.



Voya brings together all of the tools, guidance, and resources to help build confidence and inspire action so you can live the life you envision.

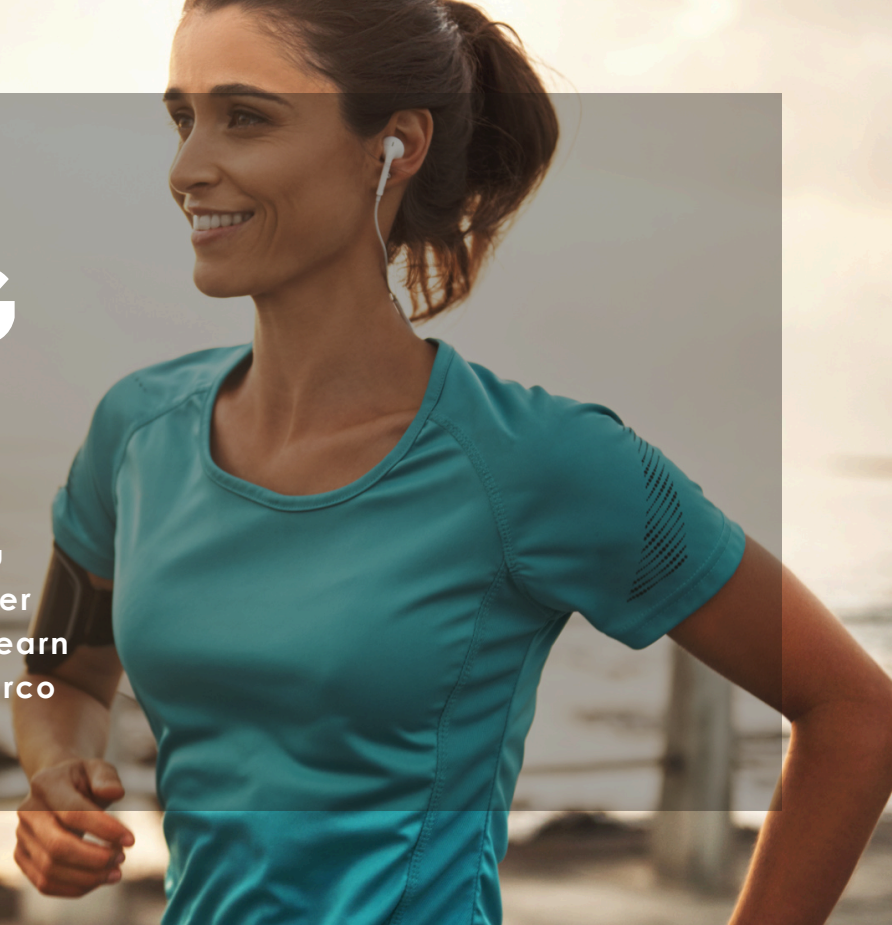
Access financial education and holistic financial wellbeing content through Voya. Visit **Voya** to learn more.



Visit the Benefit Hub on SercoConnect or the Serco Wellbeing Website to learn about additional benefits and resources available.

# SERCO WELLBEING WEBSITE

Serco Wellbeing encourages you along your journey toward greater wellbeing. Stay connected and learn about each component of the Serco Wellbeing Program.



Find up-to-date information about the Serco Wellbeing program, resources, and activities on the Serco Wellbeing website.

All employees have access to the Serco Wellbeing website – no login credentials are needed. Available on desktop or mobile.



## WHAT CAN YOU FIND ON THE SERCO WELLBEING WEBSITE?



### EVENTS & ACTIVITIES

Find upcoming events and activities for Serco Wellbeing and our benefit vendors.



### WELLBEING RESOURCES

Find resources available within each wellbeing pillar and additional benefits, such as TELUS Health and Serco Parents.



### INCENTIVE & REWARDS

Learn what rewards and incentives you can earn including Wellbeing Tickets and quarterly prizes.

Visit the Serco Wellbeing Website to learn more and stay connected.

