

2022 Wellbeing Program

Recharge, Refresh, Refocus

Serco Wellness is now Serco Wellbeing!

Serco offers a holistic wellbeing program for all our employees. We know that your health is important to you and your family. By offering wellbeing challenges, health education and opportunities to set and achieve wellbeing goals, Serco Wellbeing encourages you along your journey towards greater wellbeing.

The Serco Wellbeing program not only has an updated name but is also adding two additional components of wellbeing this year: career and community. Each of the six components is equally important to our overall wellbeing. All programs and initiatives aim to increase our personal and organizational wellbeing in each area.

Check out what Serco Wellbeing has to offer in 2022! For more information visit www.sercowellbeing.com.



Quarter 1 – Financial

Start the year off with a financial goal to save more. Join the 8-week challenge and save each week.

Quarter 2 – Physical

Track your physical activity minutes during the six-week challenge.

Quarter 3 – Career

Own your career this year and take advantage of the resources Serco offers to employees during this four-week challenge.

Quarter 4 – Community

Take time to give back to your community by participating in the last challenge of the year.

Rise to the Challenge

Each quarter Serco Wellbeing hosts a Rise to the Challenge focused on an area of wellbeing. Challenge details will be emailed to your Serco email address with instructions on how to participate. You can also find more information on www.sercowellbeing.com.

For every quarter you participate in the challenge, you will earn Wellbeing Tickets and will be entered into both the quarterly and grand prize drawings. The more challenges you participate in, the better your chances of winning!

Grand Prizes

- 1 Winner: \$500 gift card + wellbeing prize package
- 10 Winners: \$500 gift card
- 10 Winners: \$250 gift card

Quarterly Prizes

- Each quarter 30 participants will be randomly selected to win a \$25 gift card.

Earn Incentives for Participating

This year you can earn HRA or HSA incentive rewards for participating in the quarterly Rise to the Challenges. Not enrolled in a Serco medical plan through Cigna but are a full-time employee? You can also earn incentive rewards up to \$100 for participating and redeem via gift cards!

Log into myCigna.com to log your participation and for additional activities to earn rewards. All full-time employees have access to myCigna.com. If this is your first time logging in, click 'Register'.

Serco Wellbeing Warriors

Wellbeing Warriors is continuing in 2022! The Serco Wellbeing Warriors program celebrates our Serco colleagues' wellbeing successes and accomplishments. This year, we encourage everyone to share how you are recharging, refreshing, and refocusing your wellbeing goals.

Did getting more physical activity improve your mental health? Or perhaps focusing on your financial wellbeing also reduced stress in your life. Share your stories by submitting a Wellbeing Warrior application. Email wellbeing@serco-na.com for more information!

Wellbeing Wednesdays

In 2022 Serco Wellbeing is hosting virtual lunch and learn sessions on various wellbeing topics and highlighting Serco resources throughout the year.

All employees are invited to attend! Recordings will be available one week after the session if you are not able to attend the live webinar.

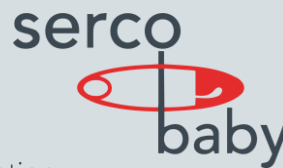
Full-time, benefit eligible employees can earn incentives for participating in Wellbeing Wednesday webinars or viewing the recording at a later time.

Having a baby in 2022? You're eligible to receive a Serco Baby care package!

The free Serco Baby care package includes:

- Serco Baby onesie
- Serco Baby blanket
- A plush baby giraffe
- Baby's first year calendar

This is Serco's way of welcoming your new bundle of joy to the family! Send an email to wellbeing@serco-na.com for more information.



Serco Wellbeing Partner Resources

LifeWorks by Morneau Shepell



LifeWorks is there for you, any time, 24/7 with real, practical help. LifeWorks can support your emotional, physical, social, community and financial wellbeing.

Whether you're thinking about quitting smoking, eating healthier, struggling with stress or anxiety, or you could use some help managing a big change or challenge in your life LifeWorks is there for you! You can access expert advisors, a referral to counseling, and much more.

Sign up at login.lifeworks.com or through the LifeWorks app using your invite code consisting of "sna-" plus your Serco employee ID number.

LifeWorks can help with:

- Stress management
- Anxiety & Depression
- Eating disorders
- Parenting concerns
- Child & elder care
- Family conflicts
- Relationship problems
- Grief and loss
- Financial or legal concerns
- And more!

Active & Fit Direct

With a membership to Active & Fit Direct, you can select any participating fitness center for \$25 per month. Also included is access to their 1,500+ online workout video library. Take your workouts home this year!



To learn more and to find participating fitness centers in your area, visit <https://www.sercowellbeing.com/physical> and click the "More Info" tab under Active & Fit.

Prudential Financial Wellness

Take charge of your financial wellbeing with Prudential's Financial Wellness tools. Start by visiting <https://www.prudential.com/financial-wellness/serco> and taking the Financial Wellness Assessment.

Serco employees can also access budgeting tools, financial webinars, and more!

