



SERCO WELLBEING

Impact Your Wellbeing:
Building Momentum One Choice at a Time



2026 SERCO WELLBEING GUIDE

serco wellbeing



IMPACT YOUR WELLBEING

Building Momentum
One Choice at a Time



Wellbeing is a journey, shaped one choice at a time—where even the smallest action can make a difference.

Through a variety of activities, challenges, and resources from Serco Wellbeing, you can explore new ways to care for yourself, build positive habits, and create lasting momentum.

Your journey with Serco Wellbeing starts today—discover the activities, rewards, and opportunities that will help you build healthy habits and momentum with Serco Wellbeing in 2026.

Explore This Guide

Click each to learn more about Serco Wellbeing in 2026:

- **Wellbeing Activities** to Build Momentum and Healthy Habits
- **Incentives and Rewards** to Celebrate Your Progress
- **Recognition** for Actions That Inspire and Support Wellbeing
- **Stay Connected** with Serco Wellbeing





Wellbeing Activities

Explore a variety of activities designed to help build healthy habits, stay motivated, and maintain momentum so you can feel your best throughout the year.



Total Wellbeing On-Demand

Participate in monthly on-demand activities designed to fit your schedule and introduce you to a variety of wellbeing topics.



Mindful Moments

Recenter, relax, and reduce stress with guided activities you can watch or listen to anytime.



Rise to the Challenge

Boost your wellbeing by joining quarterly wellness challenges—receive resources, guidance, and rewards to support your journey.



Wellbeing Academy

Explore quarterly wellbeing courses designed to help you build healthy habits, boost resilience and enhance your overall wellbeing.



Incentives & Rewards



Serco Wellbeing celebrates your healthy choices. Each time you join wellbeing activities and events throughout the year, you'll earn wellbeing tickets. The more you participate, the more opportunities you have to be recognized and rewarded.

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	Ticket amounts vary base on activity
MINDFUL MOMENTS	1 Wellbeing Ticket per activity
WELLBEING ACADEMY	Up to 8 Wellbeing Tickets available for quarterly activities
RISE TO THE CHALLENGE	<ul style="list-style-type: none">1 Wellbeing Ticket for each weekly activity10 Wellbeing Tickets for completing entire challenge
HIGHER EDUCATION	<ul style="list-style-type: none">Higher Education Cafe: 1 Wellbeing Ticket for each eventCourse: 1 Wellbeing Ticket for each course completedGraduation: 10 Wellbeing Tickets upon graduation

SERCO WELLBEING REWARDS

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

RISE TO THE CHALLENGE

Ten participants from each challenge will win a wellbeing **reward valued up to \$500**.

WELLBEING IMPACT REWARDS

Introducing Wellbeing Impact, the updated program that celebrates your quarterly participation. Earn Wellbeing Tickets for a chance to win **rewards valued at up to \$600**.

WELLBEING REWARD DROPS

NEW FOR 2026: Experience spontaneous wellbeing prizes year-round with Wellbeing Reward Drops, offering surprises like HelloFresh boxes and gift cards. These pop-ups serve as reminders that your wellbeing matters, anytime and anywhere.



Wellbeing Recognition



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

NEW FOR 2026

WELLBEING IN ACTION

This recognition initiative celebrates the small, meaningful steps employees take to support their health and wellbeing. Whether it's practicing mindfulness, making healthier choices, encouraging a teammate, or finding a moment of balance in a busy day—these actions add up, build momentum, and inspire others across Serco.

How It Works

Employees who demonstrate positive wellbeing actions will be selected and highlighted. Quarterly winners will receive a **wellbeing prize valued at up to \$200.**

Here are three ways you can be recognized for your healthy actions and positive impact:

1 Highlighted by Benefits & Wellbeing Team

The Wellbeing & Benefits team may recognize employees for their efforts and healthy choices.

2 Submit a Healthy Action

Share a healthy action you've taken to be recognized for your commitment to wellbeing.

3 Celebrate a Colleague

Nominate someone who inspires you. **Nominators have a chance to a prize worth up to \$25.**

Together, we're building momentum, lifting each other up, and creating a culture where wellbeing thrives—one action at a time.



Stay Connected



Stay connected with Serco Wellbeing to access the resources and program features that help you build momentum and support your wellbeing throughout the year.

WAYS TO STAY CONNECTED

Serco Wellbeing Website



Access the latest information on the Serco Wellbeing program, including resources, activities, and updates.

No login needed—available wherever you are, on desktop or mobile.

Serco Wellbeing Viva Engage



Get reminders about events and activities, connect with colleagues, share tips, and find inspiration for a balanced, healthy lifestyle.

Must be logged into your Serco account to access.



EVENTS & ACTIVITIES

Find events and activities for Serco Wellbeing and 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 or Viva Engage to get started today.