

# serco wellbeing

Check out what Serco Wellbeing has to offer in 2023!

**Serco is a place you can count on to support the total wellbeing of you and your family.**

We do our best to support our people in their everyday lives, and as such offer a holistic wellbeing program to all Serco employees. By offering wellbeing challenges, health education, and opportunities to set and achieve wellbeing goals, Serco Wellbeing encourages you along your journey towards greater wellbeing.

Visit [sercowellbeing.com](https://sercowellbeing.com) for more information about each component of Serco Wellbeing!



## rise to the challenge

Each quarter, Serco Wellbeing hosts a Rise to the Challenge focused on an area of wellbeing. Challenge details and participation instructions will be sent to your Serco email address and will also be found on [sercowellbeing.com](https://sercowellbeing.com).

Earn Wellbeing Tickets for both quarterly and grand prize drawings by participating in quarterly challenges and attending Wellbeing Wednesday webinars. The more tickets you earn, the better your chances of winning!

### Quarter 1: Get Financially Fit

Start the year off with the 6-week financial challenge with a new goal each week.

### Quarter 2: Small Steps for Sustainability

Together with SercoGreensteps, take a few small steps to improve your communities and environment.

### Quarter 3: Food as Fuel

Fuel your body each week and create healthy habits during this 4-week challenge.

### Quarter 4: Reflections, Looking Back to Look Forward

Take time to give back to your community for the last challenge of the year.

### Grand Prizes

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

### Quarterly Prizes

10 participants will be randomly selected quarterly to win a \$100 gift card to the wellbeing marketplace

## Earn Incentives for Participating

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](https://myCigna.com) to log your participation and for additional activities to earn rewards. All full-time Serco employees have access to myCigna.com. If this is your first time logging in, click 'Register'.

## wellbeing warriors

Wellbeing Warriors is back in 2023! The Serco Wellbeing Warriors program celebrates our Serco colleagues' wellbeing successes and accomplishments.

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.

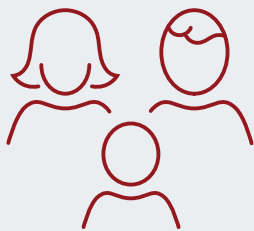
Email [wellbeing@serco-na.com](mailto:wellbeing@serco-na.com) for more information!

## wellbeing wednesdays

In 2023, Serco Wellbeing is hosting virtual lunch and learn sessions on various wellbeing and benefits topics 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.

**New for 2023:** You can earn one Wellbeing Ticket for each Wellbeing Wednesday webinar you attend.



## serco baby

Having a baby in 2023? You're eligible to receive a Serco Baby care package!

The free Serco Baby care package includes:

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

This is our way of welcoming your new bundle of joy to the family! Send an email to [wellbeing@serco-na.com](mailto: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 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](https://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!