

# COX WELLNESS BENEFITS

A program designed to empower our people today to build their brighter future for tomorrow.

## Eligibility Key



FULL-TIME EMPLOYEES

PART-TIME EMPLOYEES

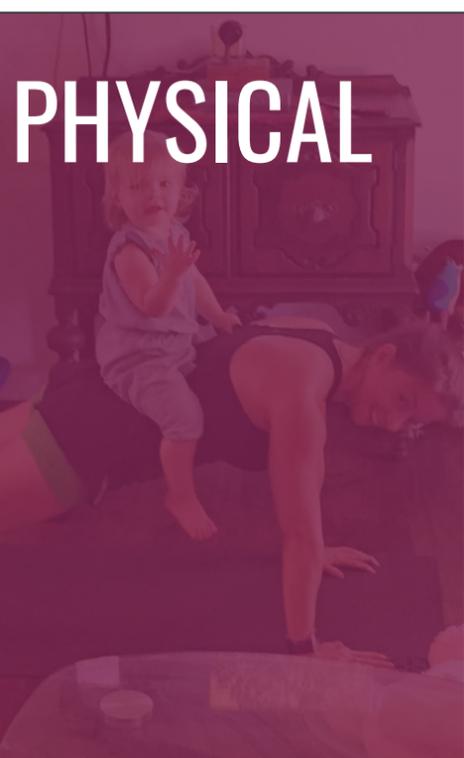


DEPENDENTS UP TO AGE 26

COX MEDICAL PLAN MEMBERS, AETNA



HOUSEHOLD MEMBERS



## PHYSICAL

- AETNA MEDICAL PLAN
  - Aetna Care Advocate, Coaching, Decision Support
  - Free Preventive Screenings
    - Know Your Numbers
    - Colorectal Cancer
  - Nutrition Counseling (if prescribed)
  - Prescriptions for smoking cessation/ other heart-related conditions
- FITNESS CENTERS
- FITNESSONDEMAND
- FLU VACCINATIONS & COVID-19 RESOURCES
- HINGE HEALTH
- LIVONGO CHRONIC CARE COMPLETE
- MILK STORK
- PROGYNY
- TELADOC
- TOBACCO CESSATION



## MENTAL/ EMOTIONAL

- AETNA MEDICAL PLAN
  - Adult Behavioral Health
  - Brightline: Pediatric Behavioral Health
- HEADSPACE
- Meditations, Sleep Stories, Mindfulness
- MENTAL HEALTH FIRST AID KIT
- RESOURCES FOR LIVING
  - myStrength; Access code: Cox
  - Talk Saves Lives Training
  - Work/Life Balance



## FINANCIAL

- CARE FOR BUSINESS
- FINANCIAL WELLNESS - COXTOTALCOMP
  - Added Benefits
    - Pet, Home/Auto, Identity Theft
  - Adoption Assistance
  - Employee Discounts
  - RFL Financial Counseling
  - Retirement Accounts (401k)
  - Pre-Tax Accounts
- LEGAL ASSISTANCE
- MY MONEY 101 BY TRUIST MOMENTUM
- TUITION REIMBURSEMENT



## SOCIAL/ ENVIRONMENTAL

- EMPLOYEE RESOURCE GROUPS
  - DiverseABILITY
  - Empow[HER]
  - ¡Hola!
  - Lotus
  - Momentum
  - MOSAIC
  - Pride
  - SALUTE
  - Soul
- OUR PLANET - COX CONSERVES
- PARENTS AND CAREGIVERS AT COX GROUP



## PURPOSE

- COX EMPLOYEE RELIEF FUND (CERF)
- FIND YOUR PURPOSE BY VOLUNTEERING
- FLEX FOR ALL CAMPAIGN
- FLEXIBLE PAID TIME OFF
- PERSONAL & PROFESSIONAL DEVELOPMENT VIA LEARN@COX
- PAUSE FOR PURPOSE CAMPAIGN

## WHERE TO FIND MORE INFORMATION



- ENTERPRISE-WIDE INTRANET
- GENERAL OVERVIEWS OF BENEFITS & PROGRAMS
- LONG-TERM CONTENT



- EVENTS & CAMPAIGNS BASED ON FOUR PILLARS:
  - OUR COMMUNITY
  - OUR PLANET
  - YOUR WELLNESS
  - INCLUSION & DIVERSITY
- SHORT-TERM INITIATIVES



FAMILIES & DEPENDENTS

- BENEFITS INFO
- VIRTUAL FAIR BENEFITS OVERVIEW

## WELLNESS WARRIORS



- BECOME A WELLNESS WARRIOR AND BECOME AN ADVOCATE FOR WELLNESS AT COX!
- EMAIL WELLNESS@COXINC.COM TO JOIN

CONTACT: WELLNESS@COXINC.COM



LAST UPDATED: OCTOBER 2023

