

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



PROGRAM AVAILABLE IN SPANISH OR OTHER LANGUAGE

PHYSICAL

- **AETNA MEDICAL PLAN** **SP+**
 - 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** **SP+**
- **FLU VACCINATIONS & COVID-19 RESOURCES**
- **GENEV MENOPAUSAL SOLUTIONS**
- **HINGE HEALTH** **SP+**
- **LIVONGO CHRONIC CARE COMPLETE**
- **MILK STORK**
- **PROGYNY**
- **TELADOC**
- **TOBACCO CESSATION**

MENTAL/EMOTIONAL

- **AETNA MEDICAL PLAN**
 - **Adult Behavioral Health**
 - **Brightline: Pediatric Behavioral Health**
- **CALM MEDITATION APP** **SP+**
 - Meditations, Sleep Stories, Mindfulness
- **MENTAL HEALTH FIRST AID KIT**
- **RESOURCES FOR LIVING** **SP+**
 - **myStrength**; Access code: Cox
 - **Talk Saves Lives Training**
 - **20 Ways to Use RFL**
 - **Employee Wellness Forums** offered 2x/month

FINANCIAL

- **CANDIDLY STUDENT DEBT SOLUTIONS**
- **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 2.0**

WHERE TO FIND MORE INFORMATION

INSIDECOX

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

COX impact

- 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

ww Wellness Warriors

JOIN THE WELLNESS NETWORK AND BECOME AN ADVOCATE FOR WELLNESS AT COX!

[FILL THIS FORM OUT TO JOIN!](#)

CONTACT: WELLNESS@COXINC.COM



LAST UPDATED: JANUARY 2024



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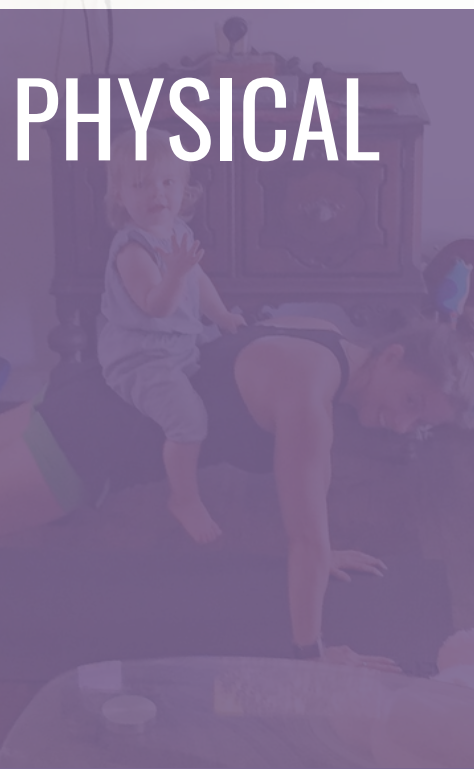
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- ONE-STOP-SHOP FOR WELLNESS INFO
- EMAIL WELLNESS@COXINC.COM FOR AN INVITE



- BENEFITS INFO
- VIRTUAL FAIR
- BENEFITS OVERVIEW

CONTACT: WELLNESS@COXINC.COM

