

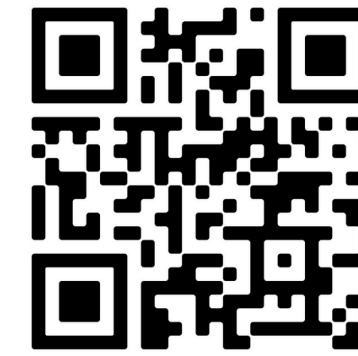


Eligibility Key

- FULL-TIME EMPLOYEES
- PART-TIME EMPLOYEES
- DEPENDENTS UP TO 26 YEARS OLD
- COX MEDICAL PLAN MEMBERS, AETNA
- HOUSEHOLD MEMBERS
- SP+** PROGRAM AVAILABLE IN SPANISH OR OTHER LANGUAGE

COX WELLNESS BENEFITS

A 5-pillar program designed to empower our people today to build their brighter future for tomorrow.



[Benefits Website](#)
Scan QR Code

Quick Links

- [Wellness on Inside Cox](#)
- [Wellness on Cox Impact](#)
- Contact Info: Wellness@coxinc.com

PHYSICAL

- [AETNA MEDICAL PLAN](#) **SP+**
 - Aetna Care Advocate, Coaching, & Decision Support
 - [CVS Caremark](#)
 - [Free Preventive Screenings](#)
 - Know Your Numbers
 - Colorectal Cancer
 - Nutrition Counseling (if prescribed)
 - [PrudentRx](#) Free Specialty Medication (Low- and Medium-Deductible Plans Eligible Only)
- [COX FITNESS CENTERS](#)

- [FITNESSONDEMAND FREE VIRTUAL FITNESS CLASSES](#) **SP+**
- [FLU VACCINATIONS & COVID-19 RESOURCES](#)
- [GENEV MENOPAUSAL SOLUTIONS](#)
- [HINGE HEALTH VIRTUAL PHYSICAL THERAPY](#) **SP+**
- [MILK STORK BREAST MILK DELIVERY](#)
- [OSHI DIGESTIVE HEALTH](#)
- [PROGYNY FERTILITY BENEFITS](#)
- [TELADOC HEALTH](#): Chronic Condition Management (formerly Livongo)
- [TOBACCO CESSATION](#)

MENTAL/EMOTIONAL






- [AETNA MEDICAL PLAN](#)
 - [Adult Behavioral Health](#)
- [CALM MEDITATION APP](#) **SP+**
 - Meditations, Sleep Stories, Mindfulness
- [MENTAL HEALTH FIRST AID KIT](#)
- [RESOURCES FOR LIVING](#) (ACCESS CODE: COX) **SP+**
 - [Mind Companion](#) Self-Guided Digital Mental Well-Being Program
 - [Talk Saves Lives Training](#)
 - [Work/Life Balance](#)
- [TELADOC](#): Free Virtual Mental Health Services (for those on the Low and Medium Deductible Aetna Plan).
- [EMPLOYEE WELLNESS FORUMS](#): Offered 2x a month

FINANCIAL

- [CANDIDLY STUDENT DEBT SOLUTIONS](#)
- [CARE.COM FOR BACK-UP CHILD, AND SENIOR CARE](#)
- [FINANCIAL WELLNESS - COXTOTALCOMP](#)
- [HOME/AUTO/PET INSURANCE AND IDENTITY THEFT](#)
- [ADOPTION ASSISTANCE](#)
- [EMPLOYEE DISCOUNTS](#)
- [RFL FINANCIAL COUNSELING](#)
- [RETIREMENT ACCOUNTS \(401K\)](#)
- [PRE-TAX ACCOUNTS](#)
- [LEGAL ASSISTANCE](#)
- [MY MONEY 101 BY TRUIST MOMENTUM](#)
- [TUITION ASSISTANCE](#)
- [METLIFE POLICYHOLDER BENEFITS](#): Will planning, funeral discounts, and estate resolution services.

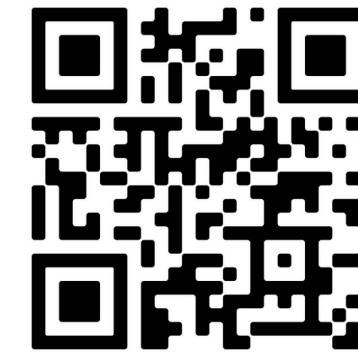


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- [EMPLOYEE RESOURCE GROUPS](#) 
 - DiverseABILITY
 - Empow[HER]
 - ¡Hola!
 - Lotus
 - Momentum
 - MOSAIC
 - Pride
 - SALUTE
 - Soul
- [RANDOMCOFFEE](#) 
- [OUR PLANET - COX CONSERVES](#) 



- [COX EMPLOYEE RELIEF FUND \(CERF\)](#) 
- [FIND YOUR PURPOSE BY VOLUNTEERING](#) 
- [FLEXIBLE PAID TIME OFF](#) 
- PERSONAL & PROFESSIONAL DEVELOPMENT VIA [LEARN@COX](#) 

WHERE TO FIND MORE INFORMATION



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



- [VOLUNTEER OPPORTUNITIES & MISSIONS](#)
- [COX IMPACT GROUPS](#)
- SHORT-TERM INITIATIVES



- [BENEFITS WEBSITE](#)
- [VIRTUAL FAIR BENEFITS OVERVIEW](#)

WELLNESS WARRIORS

JOIN THE WELLNESS NETWORK TO BECOME A WELLNESS ADVOCATE AT COX. [FILL THIS FORM OUT TO JOIN!](#)

LAST UPDATED: MARCH 2025



CONTACT: WELLNESS@COXINC.COM