

COX BENEFITS

UPDATED: February 20, 2026

Your wellness brings our purpose to life.

FEEL YOUR BEST

Aetna Medical Plan Offerings

Aetna Medical Plan

- Acupuncture Visits
- Aetna Care Advocate
- Behavioral Health
- Chiropractor Visits
- Free Preventive Care
- Nutrition Counseling (if prescribed)
- Vaccinations

Gennev Menopause Solutions

Hinge Health

- Free Virtual Physical Therapy

Milk Stork Breast Milk Delivery

Oshi Health

- Free Digestive Health

Pharmacy (CVS Caremark)

- PrudentRx Specialty Medication*
- Scripta
- Tobacco Cessation Program

Progyny Fertility Benefits

Teladoc Health

- Free Diabetes, Blood Pressure and Weight Management
- [Free Telemedicine](#)

More Offerings

Aetna Dental Plan

Calm Meditation App

Cox Fitness Centers

Employee Wellness Forums

- Offered Bimonthly

FitnessOnDemand

- Free Virtual Fitness Classes

Mental Health First Aid Kit

Resources for Living

- Free Mental Health Therapy
- Mind Companion Self-Care Program

VSP Vision Plan

GET AHEAD

More Offerings

Adoption Assistance

Candidly Student Debt Solutions

CareBenefits for Back-Up Child and Senior Care

Cox Employee Relief Fund (CERF)

CoxTotalComp

Employee Discounts

Flexible Paid Time Off

Home/Auto/Pet Insurance and Identity Theft

Leaves of Absence

MetLife Life Insurance

- Will Planning, Funeral Discounts and Estate Resolution Services

My Money 101 by Truist Momentum

Paid Parental Leave

Personal and Professional Development via Learn@Cox

Pre-Tax Accounts

- Flexible Spending Accounts (FSAs) 
- Health Savings Account (HSA)
- Parking/Transit  

Resources for Living

- Financial and Legal Counseling

Tuition Assistance

Vanguard 401(k)

- Accounts, Hardship Withdrawals and Webinars

STAY CONNECTED

More Offerings

Employee Resource Groups

- DiverseABILITY
- Empow[HER]
- ¡Hola!
- Lotus
- Momentum
- MOSAIC
- Pride
- SALUTE
- Soul

Find Your Purpose by Volunteering

Our Planet - Cox Conserves

RandomCoffee

ELIGIBILITY KEY

-  Full-Time Employees
-  Part-Time Employees
-  Dependents up to 26 Years Old
-  Cox Medical Plan Members, Aetna
-  Household Members
- SP*** Available in Spanish or Other Language

* Available with the Core PPO and Premium PPO plans

QUICK LINKS

[Wellness on InsideCox.com/Wellness](#)

[Wellness on CoxImpact.com/Wellness](#)

Contact Info:
Wellness@coxinc.com



Scan code to visit
[CoxEnterprises.com](https://www.CoxEnterprises.com)

To access all information in this document
hover over any bullet and click to view.

FIND MORE INFORMATION

FAMILIES & DEPENDENTS
[Benefits Website](#)
[Virtual Fair Benefits Overview](#)

WELLNESS WARRIORS
Join the Wellness Network as a Cox Wellness Advocate! Fill out this form to join.

AETNA CARE ADVOCATE
888-553-3449

RESOURCES FOR LIVING
www.ResourcesForLiving.com
(Username: Cox | Access Code: RFL)

BENEFITS AT COX