

COX WELLNESS BENEFITS

UPDATED: October 16, 2026

Empowering our people today to build their brighter future for tomorrow.

FEEL YOUR BEST

Aetna Medical Plan Offerings

Aetna Medical Plan SP+

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

CVS Caremark

- GoodRx (lowest price generic medications)
- PrudentRx Specialty Medication*
- Scripta (lower-cost medication alternatives)
- Tobacco Cessation Program

Gennev Menopause Solutions

Hinge Health

- Free Virtual Physical Therapy

Milk Stork Breast Milk Delivery

Oshi Digestive Health

Progyny Fertility Benefits

Teladoc Health

- Diabetes, Blood Pressure and Weight Management
- Telemedicine

More Offerings

Calm Meditation App SP+

Cox Fitness Centers

Dental Plan SP+

Employee Wellness Forums

- Offered Bimonthly

Fitness On Demand SP+

- Free Virtual Fitness Classes

Mental Health First Aid Kit

Resources for Living SP+

- Free Mental Health Therapy
- Mind Companion Self-Care Program
- Talk Saves Lives Training

VSP Vision SP+

GET AHEAD

More Offerings

Adoption Assistance

Candidly Student Debt Solutions

CareBenefits by Care.com for Back-Up Child & 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

Retirement Accounts (401k)

Tuition Assistance

STAY CONNECTED

More Offerings

Benefits Unplugged Podcast

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

* Free for Premium and Core 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

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