

GEA Appliance Park Employee *guide to* **WELLBEING**

Finding your path to happiness and wellbeing is easier to navigate when you know what is available to you. Based on the WellWithin survey, we wanted to try a different approach to connect you to the partnerships and resources we've cultivated to help our employees feel better—no matter how you define better.

Use this guide to quickly map to the wellbeing topic that interests you and go for it.



Exercise

Nutrition

Health

Social &
Emotional
Health

Financial
Wellbeing

Exercise

THE Y @ WORK

The Y @ Work will provide any employee:

- + Deskercise workout routine for home or work
- + Home workout plan and resistance band

GEA employees receive a discount on membership!

The Y @ Work members receive:

- + On-demand workouts
- + Personal training for all ages and needs
- + Personalized strength training workout plans
- + Weight loss or muscle gain exercise consultations
- + Onsite and virtual group exercises classes: Yoga, strength/HIIT, and running programs
- + Incentive program (goodies) for exercising

► **Learn more about The Y @ Work including location and hours and how to join or call 502-452-0999.**

STRETCH & STRENGTHEN

Looking for stretches, strengthening, and education on how to keep your body healthy while working on the production floor?

► **Let your Fit for Work team help.**



Nutrition

CareATC Wellness Center Registered Dietitian



Let a professional help you develop a great relationship with food:

- + Nutrition Counseling (onsite and virtual)
- + Recipes/eating plans
- + Eating healthy on a budget
- + Specific services such as preparing food, carbs/fats/proteins/sugar intake/improving immune system, food and aging, and food and menopause

► **Find out more about CareATC.**



Health



CareATC Wellness Center: Primary & Preventive Care

Reduce your risk for disease, disabilities and even death when you take care of your health upfront.

► **Check out all CareATC offers you!**

GE Appliances Maternity Toolkit

This resource was developed just for moms who work at Appliance Park. This toolkit is packed with information you need to know before, during and post-pregnancy as well as baby development and taking care of yourself.

► **Access the toolkit now!**

Virta: Type 2 Diabetes Reversal Treatment

GE Appliances fully covers the cost of Virta for all benefits-enrolled employees and adult family members with type 2 diabetes or prediabetes. Virta is also covered for those with a BMI of 30 or greater interested in weight loss.

► **Learn more about Virta.**



Social & Emotional Health

Nourish your soul with our library of articles, posted on GEAWellWithin.com, and developed specifically for GE Appliances employees.

WORK BETTER

- ▶ **Now is the time to ask why**
- ▶ **Signs you need to log off**
- ▶ **Keep your sanity and maintain productivity**
- ▶ **LinkedIn courses to deal with pandemic stress**

Especially for Managers & HR:

- ▶ **Set you/your team up for success**
- ▶ **One thing your team needs to thrive**
- ▶ **How to lead when your team is exhausted**
- ▶ **Learn the ways employees need your support**

GET BETTER

- ▶ **Choose how you spend your time**
- ▶ **Explore intermittent fasting and the ketogenic diet**
- ▶ **Don't underestimate the power of a walk**
- ▶ **Dial in to your emotions to manage them**

PARENT BETTER

- ▶ **Build motivation, self-esteem, and trust**
- ▶ **Make the transition to in-person learning easier**



Social & Emotional Health

Employee Assistance Program

Onsite at CareATC Wellness Center

Speak to onsite counselors either in-person, virtually, or via phone.

Anthem EAP

Access free digital therapy tools like Learn to Live.

► **Get started.**

► **Explore all your Employee Assistance Program has to offer.**



CARING FOR AGING PARENTS



Discover peer networking and support along with tips and information to promote healthy relationships between your aging parents and you.

► **Request to join GEA's Caring for Aging Parents group.**

► **Check out support and resources on [GEAWellWithin.com](https://www.geawellwithin.com)**—from planning for long-term care to understanding a Power of Attorney.

Financial Wellbeing

Fidelity My Savings Plan

Explore tools, education, workshops, and resources including access to a free financial counselor, budgeting, savings, reducing credit card debt, and retirement advice.

► **Browse Fidelity My Savings Plan.**

