



WELLNESS AT WORK

COVID-19 has kept us out of the world and the workplace. As we begin to return, we're making your health and well-being our top priority.

Be proactive by protecting yourself and your family:

- Eat well.
- Stay well rested.
- Stay active.
- Stay connected with family and friends.
- Plan breaks throughout your day.
- Limit time spent on news and social media.
- Retain your sense of humor.
- Rediscover your favorite hobbies and pastimes.

Throughout this, and all other challenges, we will always be stronger together. If you have concerns about health or safety in our workplace, reach out to an appropriate internal resource.



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