

WELLNESS TEAM CHARTER

NAME

Wellness Team

PURPOSE

To promote programs and provide resources that encourage the overall wellness of all TBC employees.

GROUP MEMBERS

Brooke Daniels, The Brick Companies Center; Jen Cavanaugh, The Brick Companies Center; Adrienne Meredith, Atlantic Marinas; Jesse Cooper, The Golf Club at South River; Shelly Ford, The Brick Companies Center; Julie Natoli, Executive Liaison, The Brick Companies Center

MEMBERSHIP

The TBC Wellness Team is open to all TBC employees on a voluntary basis.

GOALS

The TBC Wellness Team will clearly communicate that TBC advocates for mental, physical, and financial well-being and will promote awareness and participation in a wide range of wellness initiatives.

MEETINGS, EVENTS & PROMOTION

The Wellness Team meets monthly via Teams to discuss ideas, programs and activities of interest. Meeting virtually allows team members to have minimal disruption to their day. The Wellness Team will share educational and volunteer opportunities about physical, mental and financial wellness through TBC communication channels including Paylocity and TBC Employees Only facebook group.

To learn more about the Wellness Team, contact wellness@thebrickcompanies.com

WELLNESS 2023 APPROACH

2023 OBJECTIVES

- Clearly communicate that TBC advocates mental health & well-being
- Promote programs that encourage the overall wellness of all TBC employees.
- Generate awareness and participation in a wide range of wellness programs.

2023 INITIATIVES

1. Mental Wellness:
 - Clearly communicate that TBC champions mental health & well-being
 - Promote mental health resources & access to programs/ apps
2. Financial Wellness:
 - Share and offer financial education to team members through our TBC partners
3. Physical Wellness:
 - Encourage employees to participate in daily steps challenges through GivHero, which creates awareness of the importance of body movement
 - Celebrate members of TBC Million Steps Club and create awareness
4. General Wellness
 - Share weekly #WellnessWednesday topics on the TBC Employees Only group focused on physical, mental, and financial wellness.

2023 EVENTS

1. Year round:
 - Reward for yearly wellness exam / "Know your numbers"
 - Encourage daily movement with steps tracking and goal of Million Steps Club
 2. February: American Heart Month – Wear red for heart health awareness, share weekly heart health tips
 3. March: National Nutrition Month - Provide Grab & Go "healthy" snacks at each property, share nutrition tips
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4. April: World Health Day – April 7 – Smart watch raffle for awareness of “steps” tracking and provide “gifts” to 2022 million Steps Club members at each property’s spring kick-off
5. May: Mental Health Awareness Month
6. August: “Be Kind to humankind” week 25-31 – provide kindness/pay it forward gifts to each property
7. November: National Diabetes Month

RESOURCES & PROGRAMS AVAILABLE

1. **United Healthcare** - Resource accessibility is dependent on your health plan enrollment.
 - [Rally](#) – A website and mobile app that helps you learn simple ways to take care of yourself – from being more active to eating better.
 - [Employee Assistance Program \(EAP\)](#) - you can call United Healthcare coordinators 24/7 for a no-cost, confidential assessment of your situation and a referral to licensed professionals and services.
2. **Ascensus** - Offers retirement educational tools including our 401k program. Watch: [Get the Most Out of Your 401\(k\)](#).
3. **OneDigital Investment Advisers** - Offers financial education <https://www.onedigital.com/financial-academy/>
4. **GivHero** - TBC prioritizes employee well-being and social responsibility through a wellness app called GivHero, a wellness program that connects wellness “activities” with charitable giving. Each time an employee completes a daily wellness goal (TBC’s goal is 5,000 steps), a donation is made to a charity selected by the employee. Educational wellness resources are also available in the app. Download the GivHero app, connect your smart device, and join our TBC team: <https://www.givhero.com/challenges/total-well-being-with-tbc>

To learn more or join the TBC Wellness Team, contact wellness@thebrickcompanies.com