



WELLNESS

PURPOSE

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

GROUP MEMBERS

Brooke Daniels, TBC Marketing
Jen Cavanaugh, TBC Administrator
Jesse Cooper, GCSR
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GOAL

Generate awareness and participation in wellness programs.

PROGRAMS AVAILABLE

- 1. United Healthcare** - Resource accessibility is dependent on your health plan enrollment.
 - a. Rally** – A website and mobile app that helps you learn simple ways to take care of yourself – from being more active to eating better.
 - b. 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** - 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