



Check Out these Great Resources for You and Your Family!





Live Well. Work Well.

Wellness resources for your life

At Mosaic, we strive to ensure you have the resources you need to feel your best at work and at home – it’s an essential part of your overall well-being. Our *Live Well. Work Well.* benefit programs are here to support you in all parts of your life – safety, physical, psychological, and financial.

What does this mean for you?

Read this flyer with examples on how our four wellness pillars can help you and your family when you need it. Then, visit benefits.mosaicco.com or scan this QR code to learn more about our *Live Well. Work Well.* programs!





Safety

When you're aware of your overall health and understand your abilities when performing tasks, you can prevent injuries by using your resources and seeking help from others.

- Hazard awareness
 - Emergency response
 - Risk Reduction Program
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Physical

Taking care of your body is an important step in your wellness. There are many programs to help support your journey to optimal physical health.

- Health benefits and programs
 - Onsite/virtual health coaches
 - Preventive screenings and immunizations
 - Rewards for participating in wellness activities
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Psychological

Like your physical health, mental wellbeing is a journey, and you're not alone. Mosaic has programs to support you and your family.

- Lyra coaching and therapy
 - Educational videos and resources
 - Psychological wellness training
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Financial

Financial wellness is about having control over what you're spending, as well as preparing for the future. It's never too late to start using these programs to support your financial goals.

- Retirement savings plans
- Financial and retirement resources (including financial counseling)
- Life and disability insurance



Safety

“Our family needed to evacuate our home due to a hurricane. Once we were in a safe place, we realized that my wife left her daily medication at home. We were quickly able to call and provide Express Scripts our new temporary address so we could continue receiving her medication. And because this was a declared storm, we were also able to apply and receive assistance for damages caused to our home through the Mosaic Employee-to-Employee Assistance Fund.” – Monica

Through the Express Scripts Pharmacy, you can have adequate supplies of maintenance medications ready for emergency situations. Additionally, you can apply for support from the Mosaic Employee-to-Employee Assistance Fund if you are impacted by a declared storm. Mosaic provides many additional resources to help you navigate an emergency situation, available through our disaster resources page.

For more information on benefits for your safety, visit benefits.mosaicco.com and take a look at the Safety section!



Physical

“My back has been causing me a lot of pain over the past few years. I started taking medications to keep it under control, but I wanted to do more. I signed up to participate in the RecoveryOne™ for Cigna® virtual physical therapy program, met with a physical therapist to create my recovery plan, and have started going through exercises first thing in the morning almost every day. Not only is my back pain much better now, but I also start each day feeling refreshed, too!” – Joey

Mosaic has partnered with **RecoveryOne™ for Cigna®** to provide access to virtual physical therapy with resources to support you in overcoming back, joint, or muscle pain. After a virtual consultation, you get a program designed for you – which is on-demand, on your schedule, and at no cost to you! Visit **myCigna.com** to get started.

For more information on benefits for your physical wellness, visit **benefits.mosaicco.com** and take a look at the Physical section!





Psychological

“My son has always been a great student, but recently, he started losing focus on his school work. Although I wasn’t sure why, or how to help, I wanted to get the support he needed. I called Lyra and set up therapy sessions for us, at no cost. In time, we discovered that we needed more help, and we were able to receive additional care from Cigna for specialized behavioral therapy. My son is doing better each day, and we’re thankful for the support as he manages his life and coursework!” – Stuart

Mosaic offers a variety of psychological health and wellness resources to support you and your family. Start with Lyra to help you navigate what life throws at you, from everyday challenges to difficult times. There are also additional resources available to you through Cigna, Virgin Pulse, LifeSpeak, and more.

For more information on benefits for your psychological wellness, visit benefits.mosaicco.com and take a look at the Psychological section!



Financial

“I’ve always struggled with managing my finances and planning for my family’s financial future. Through a postcard I received at home, I learned about Fidelity’s many resources. I started with the online financial wellness checkup to see where we were, and then I used the Planning and Guide Center to set some financial goals. My Fidelity advisor was also there to guide me along the way. I was encouraged by the information and support available to help us get on the right track.” – Joanna

Mosaic is committed to helping you save for retirement. The 401(k) plan allows you to contribute money from your paycheck, but, there’s so much more. **Fidelity** offers financial planning tools and resources you can use to manage your overall financial plan. From a financial wellness checkup and comprehensive planning guide to educational workshops, coaching, and more, Fidelity can work with you to reach your financial goals.

For more information on benefits for your financial wellness, visit benefits.mosaicco.com and take a look at the Financial section!





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**Learn more about
resources Mosaic
provides to help
you Live Well and
Work Well by visiting
[benefits.mosaicco.com!](https://benefits.mosaicco.com)**