

LIFESTYLE CHANGE PROGRAMS

In collaboration with the Employee Wellness Program and the Center for Health & Well-being we are thrilled to offer all Team Members the opportunity to participate in the Lifestyle Change Programs.



- DPP is a CDC approved program for those that are in risk of developing type 2 Diabetes. Our mission is to help those with pre-diabetes lower their risk of getting type 2 diabetes and 5% body weight and 150 minutes of activity each week.
- 360 is a similar program to DPP, but it focuses on your overall health and your not required to meet CDC mandated metrics.

Sun Health will cover 100% of the cost of the programs for all Team Members. Team Members are also eligible for several incentives such as a digital scale, earning the max wellness points to cash in for prizes, a Fitbit just to name a few.

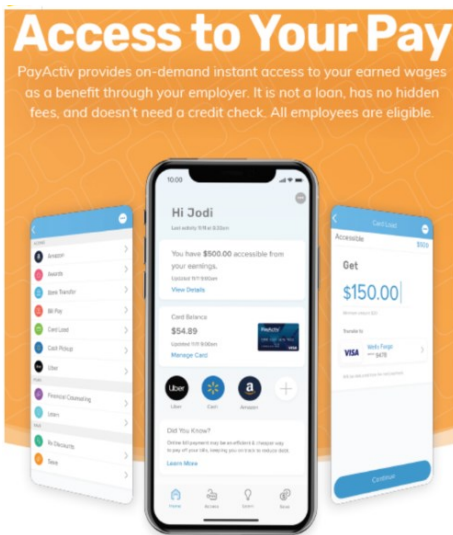
You can visit the Employee Portal > Wellbeing Tab > Lifestyle Change Programs as information is currently available to you!

Registration Deadline: Friday, October 2nd

Programs Start Date: Wednesday, October 7th

NEW BENEFIT COMING SOON- PAYACTIV

Wouldn't be great to have access to up to 50% of your "earned" wages to get you through until payday? At a time like this where there may be more stress, we want to emphasize another way this benefit can help make your life a little easier! We have a solution for you! Sun Health has partnered with PayActiv to bring you a FREE instantaneous way to access your wages for hours worked. All Team Members will receive a VISA debit card and 24/7 app/web access. Take a moment to watch this informational 80 second video from PayActiv:



[PayActiv Video English](#) OR [PayActiv Video Spanish](#)

**Additional PayActiv program launch information will be shared in October*

- Instant Access and Flexibility
- Savings in More Ways Than One
- One Membership, Many Services
- Popular Services at Your Fingertips

IMPORTANT SUN HEALTH DATES

- 10/03 Registration Deadline for Lifestyle Change Programs
- 10/07 Lifestyle Change Programs Begin
- 10/14 15 Min to Wednesday Wellness Virtual Lunch & Learn

OCTOBER IMPORTANT HEALTH & WELLNESS DATES

- 10/1 National Hair Day
- 10/4 National Taco Day
- 10/10 World Mental Health Day
- 10/10 National Free Thought Day
- 10/14 National Emergency Nurse's Day
- 10/14 National Take your Parents to Lunch Day
- 10/16 National Boss' Day

- * National Diabetes Month
- * Breast Cancer Awareness Month
- * Domestic Violence Month
- * Adopt a Shelter Dog Month
- * National Diabetes Month
- * Eat Better, Eat Together Month
- * Emotional Wellness Month
- * Financial Planning Month



15 MINUTES TO WEDNESDAY WELLNESS



During the second Wednesday of each month the Wellbeing Champions will host a virtual Lunch & Learn. Team Members are encouraged to join us while enjoying their lunch and learning ways to live a healthier more vibrant life! Each L&L is scheduled for 15 minutes from 12-12:15pm. Below you will find the lunch and learn schedule as well as the materials distributed during previous lunch and learns. If you have any questions please reach out to your Wellbeing Champion.

Please visit the Employee Portal > Wellbeing Tab > Lunch & Learns for more details.

Month	Presenter	Topic	Description
October	Yelitza	Life doesn't wait for Payday. Why should your paycheck?	New Benefit, Introducing PayActiv!
November	Melva & Teri	Dodge Diabetes	Don't sugar coat it!
December	Tina	Maintain, Don't Gain	Healthy Holiday Eating Habits
January	Yelitza	Vibrant Benefits 4U	Come join us as we discuss your company paid benefits & perks!
February	Michelle	Caring for YOU and YOUR Smile	Brush up & down and all around!
March	Financial Specialist	Plan Today for Tomorrow.	Sun Health Retirement Plans, Fun Facts & how to maximize your retirement benefit.
April	Teri	Easy Peasy Ways to Save Money	Come learn ways to easily save money.
May	Stephanie/Yelitza	Open Enrollment	All you need to know about Open Enrollment.
June	Fire Department	Heat & Water Safety	Heat & Water Safety is the key for a safe summer for you and me.

PLANET FITNESS MEMBERSHIP DISCOUNT

Special discount for all Sun Health Team Members, Family and Friends!

- Classic Membership: \$10/month; plus \$39 Annual Fee, no enrollment fee



- Black Card Membership: \$22.99/month; no enrollment fee, no annual fee

98POINT6

If you currently participate in Sun Health's medical insurance you can take advantage of the benefits 98point6 has to offer. 98point6 allows you to meet with a healthcare provider from the comfort of your home 24/7 on-demand and it's text-based. Click on the image to the right to watch a quick video to learn more about this benefit.

