

RETIREMENT PLAN INDIVIDUAL MEETINGS



Mark your calendar!

Individual One-on-One Meetings!

The Sun Health Retirement Savings Plan provides a competitive program to assist you with saving for retirement. The Plan provides a wide-range of investment options and is designed to enable each participant to develop an individual investment strategy.

Your CBIZ representative will be available on February 17th. CBIZ will be available to meet with employees on a 1-on-1 basis for 20-

minute virtual individual retirement consultations. They are able to give specific advice regarding which particular plan investment options you should utilize given your personal circumstances and are able to answer other retirement-related questions you may have.

If you would like to take advantage of this great opportunity please click on the link below to sign up. Space is limited...Please sign-up today! <https://sunhealth.timetap.com>



FINANCIAL WELLNESS

Interested in taking better control of your finances? Log into Sun Health University provided by Pryor to begin taking the on-demand training. It consists of nine 6-7 minute videos providing tips, trick and tools to help further your financial decisions. Click [HERE](#) to access the link today!



PAYACTIV

Sun Health has partnered with PayActiv to bring you a new benefit and ability to access your earned wages early!

- Benefit starts Saturday, January 23rd
- All Team Members are eligible for the benefit
- Access your regular and overtime earned wages early
- Obtain a VISA debit card from your HR Representative

Click on the links to view a quick benefit video

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



Awareness Month

National - Grapefruit Month

National -Cherry Month

National—Snack Month

February Awareness Day

02/01 — National Get Up Day

02/04—Thank a Mail Handler Day

02/11 - Don't Cry Over Spilt Milk Day

02/12—No One Eats Alone Day

02/14—Valentines Day

02/17—Random Acts of Kindness Day

02/20—Love Your Pet Day

02/22—Margarita Day

02/24—Tortilla Chip Day

02/24—Chili Day

02/28—Tooth Fairy Day



February Birthstone

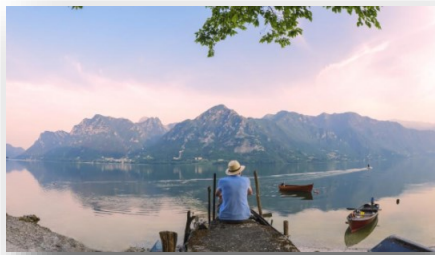
•Amethyst•



It has long been said that the **Amethyst** can guard against drunkenness and has a sobering effect for those excited by passion and love. It symbolizes peace, protection, tranquility, and sincerity.

7 TIPS FOR SELF-CARE

Approximately 1/3 of people visit a doctor about something stress related with an even higher rate that people admitting they are paralyzed by stress. Here are some tips to provide “Good Self-Care”.



1. Self-care gives you a break from stress and anxiety.
2. Self-Care helps you think better, it helps you to be able to concentrate. Proactive care is about taking care of you BEFORE you are stressed and burnt out!
3. Self-Care is about looking out for Number One... YOU! And... It is different for everyone. What works for you may not work for someone else.

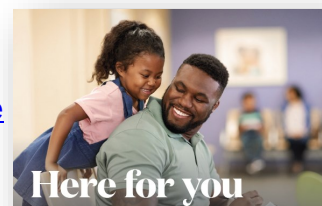
4. Self-Care allows you to give to other. BUT you cannot pour from an empty cup! It also can teach you about boundaries, which is VERY healthy!

5. Self-Care takes practice, which is why you should schedule time to take care of you. If you keep a calendar, it may look funny... but schedule some YOU time! Practice that!

Remember, YOU are special and you are uniquely you!

HEALTHY HEART & MIND

When someone asks you, “How are you doing?” and your quick response is...”Fine”... is it really “Fine”? This last year has been very stressful on many households and on the job. Anxiety levels go up and down and sometimes from work to home and from home to work and it is hard to relax or even breathe. OR sometimes you may find that you need or want someone to talk to and help you through these low moments. Sun Health offers an Employee Assistance Program to help you with these types of needs and more. A healthy mind is JUST as important as a healthy body and this would be a great time to take an inventory of your heart and your mind. Click [here](#) and look under Support Programs and take a look at our EAP. Sun Health values you as “whole” and getting your mind and heart right will allow you to live a more VIBRANT Life.



REMINDER! UPDATE YOUR BENEFICIARY

Life changes with a blink of an eye and when changes occur your current beneficiary choices – who will inherit your life insurance or retirement?

Take time now to review your beneficiaries. You should select both primary and contingent beneficiaries. Contingent beneficiaries will inherit if the primary beneficiaries precede you in death. Without living beneficiaries, your assets may be transferred to your estate and state law determines who receives it.



You may update your retirement account beneficiaries by logging into www.netbenefits.com. Your company paid life insurance and/or supplemental life insurance may be updated by providing name, date of birth, SSN to your Human Resources Representative or emailing Stephanie Hannon, Benefits & Learning Coordinator at Stephanie.Hannon@sunhealth.org.