

Take Your Financial Wellness to a New Level

At Genesys, we're pleased to introduce a new way to manage your money. Elements Financial is a credit union that offers lower rates, fewer fees, financial health checkups, workshops, and much more. Here's a peek into what's available to you.

Financial Guidance	Financial Checkups	Financial Calculators
<ul style="list-style-type: none"> • Review your credit report • Create a custom budget • Plan for your future • Build your savings 	<ul style="list-style-type: none"> • Learn about your financial health • Find out if you're on track to retire • Take the homebuying quiz • Attend a financial workshop 	<ul style="list-style-type: none"> • Auto Loan Calculator • Mortgage Calculator • Home Equity Calculator • Home Affordability Calculator



Like Prizes? Attend an Event for a Chance to Win!

Take advantage of Elements Financial's workshops to build your financial savvy and achieve your goals. Upcoming events include:

- July 26: Understanding Your Credit
- August 1: Virtual Credit Review Appointments
- August 16: Fraud Trends
- September 27: Understanding your Budget

Go [online](#) to learn more and register. By clicking on the + sign to RSVP, employees who register and participate in a workshop have a chance to win a \$25 gift card from Elements.

Enjoy Your Time Off

We know it's important to take time off to relax, spend time with friends and family, and pursue hobbies you love. While everyone at Genesys loves looking forward to our year-end time off, we also give you time off benefits you can use right now.

August Free Fridays

Enjoy some extra time off this summer with our August Free Fridays program. These days off are offered in addition to our OTO program. If, due to your critical role, you are asked to work during Fridays in August, you may receive the same number of days off at a different time.

Open Time Off (OTO)

We recognize there will be years when you need more or less time off. Our OTO policy asks only that when you need time away from work, you discuss it with your manager, agree to the dates, and take the time off.





Lyra Mental Health Benefit – Support for the Whole Family

You pour your talents and brilliance into Genesys. It's what makes us such a great place to work. One way we say "thanks for all you do" is to provide resources that fill your cup and support you and your family.

July is Social Wellness Month, and while we know that summer has a reputation as the "fun" season, it can come with its own stressors—occupying children who are out of school, looking good in summer clothes (bathing suit season, anyone?), and dealing with uncomfortable heat waves.

Your challenges may feel trivial or colossal, but don't push them to the side! Lyra provides care for the emotional and mental health of you and your tribe—whenever, wherever, and however you need it. Whether you're feeling stressed, anxious, or depressed, support from Lyra can get you back on your feet, **at no cost** to you.

Through Lyra, you have access to:

- Coaching and therapy via live video, phone, or in person
- Up to 12 sessions for you, your partner, and your dependents annually
- A variety of wellness tools and resources

If you haven't registered yet, take the first step to a clearer mind and heart [online](#) or at (877) 335-0372.



OC24 – Virtual Care from Anywhere

With OC24, UMR members can enjoy access to a doctor at home or on the go. Speak to a medical professional any time of the day or night to discuss your symptoms and get a diagnosis in minutes.

- Available 24 hours a day, 7 days a week
- Connect via mobile, tablet, or PC
- Receive prescriptions and treatment plans

Download the OC24 app today.





8 Ways to Keep Your Teeth and Gums in Tiptop Shape

It's safe to say that few people LOVE going to the dentist. But we can all put minor changes into practice that will make going to the dentist a much more pleasant experience. Here are 8 tips to keep your teeth bright and gums healthy between cleanings, all year long.

1. **Brush your teeth.** This one's straight forward. Do it when you first wake up and before you go to bed at night.
2. **Chuck your old toothbrush.** Change your brush often to keep bacteria from causing dental problems.
3. **Clean your tongue.** Use a tongue scraper daily to remove plaque and freshen breath.
4. **Floss.** Keep floss in your purse or car to make it easy to keep your teeth clean on the go.
5. **Eat crisp, firm foods.** Apples or celery can clean your teeth when you can't brush right away.
6. **Naturally whiten teeth.** Brushing your teeth with baking soda once a week can help remove stains and whiten your teeth.
7. **It pays to prevent.** Remember to take advantage of the two no-cost cleanings offered by your plan, so your hard work won't go to waste.
8. **Don't ignore pain.** If you have pain or sensitivity, talk about it with your dentist right away. It might be a simple fix that can be cared for quickly.

Whether your dental needs are big or small, your dental plan has the coverage you need to keep you smiling.



Awareness = Wellness

We've all heard of honorary days, weeks, or months which raise awareness of and support for various wellness, cultural, and social issues. While some of these awareness days are just plain fun—like National Wiggle Your Toes Day on August 6—we think the following special days are worth your attention.

July - Social Wellness Month

In the hustle and bustle of life, we should always make time to honor the social connections that are so key to our lives and mental health. This is a great time to connect with loved ones. Need ideas to improve your social well-being? Check out this [Social Wellness Toolkit](#).

August - Heatstroke Awareness Month

With the climbing temperatures in August, it's no wonder we focus on heatstroke awareness. Young children are most at risk as their bodies heat up faster than an adult's body. Take time to learn the [signs of heatstroke](#) and how to prevent it.

September 5 - International Day of Charity

Any day's a great day to help those in need, but this day serves as an international reminder to be of good service. Volunteering in a program for the underserved, participating in a charity day, or offering a donation to charity is a powerful way to change someone's life for the better.

Need some ideas? Search our [Genesys Benevity site](#) and check out the Dollar for Doers program where you can find volunteer opportunities AND earn donation dollars.

GOOD FOOD THAT'S GOOD FOR YOU



Gingered Honey Salmon

With simple ingredients and just two steps, you can whip up this grilled fish dish in minutes. Grab a cold drink and head outside to prepare and enjoy this healthy recipe that will please even the fussiest eaters.

Directions

1. For the marinade, mix the first six ingredients. In a shallow bowl, combine salmon and 2/3 cup marinade; refrigerate 30 minutes, turning occasionally. Reserve remaining marinade for basting.
2. Place salmon on an oiled grill rack over medium heat, skin side down; discard marinade remaining in bowl. Grill salmon, covered, until fish just begins to flake easily with a fork, 15-18 minutes, basting with reserved marinade during the last 5 minutes.

Ingredients

- 1/3 cup orange juice
- 1/3 cup reduced-sodium soy sauce
- 1/4 cup honey
- 1 green onion, chopped
- 1 teaspoon ground ginger
- 1 teaspoon garlic powder
- 1 salmon fillet (1-1/2 pounds and 3/4 inch thick)

Recipe by **Taste of Home**.

Questions? We're Here for You

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