

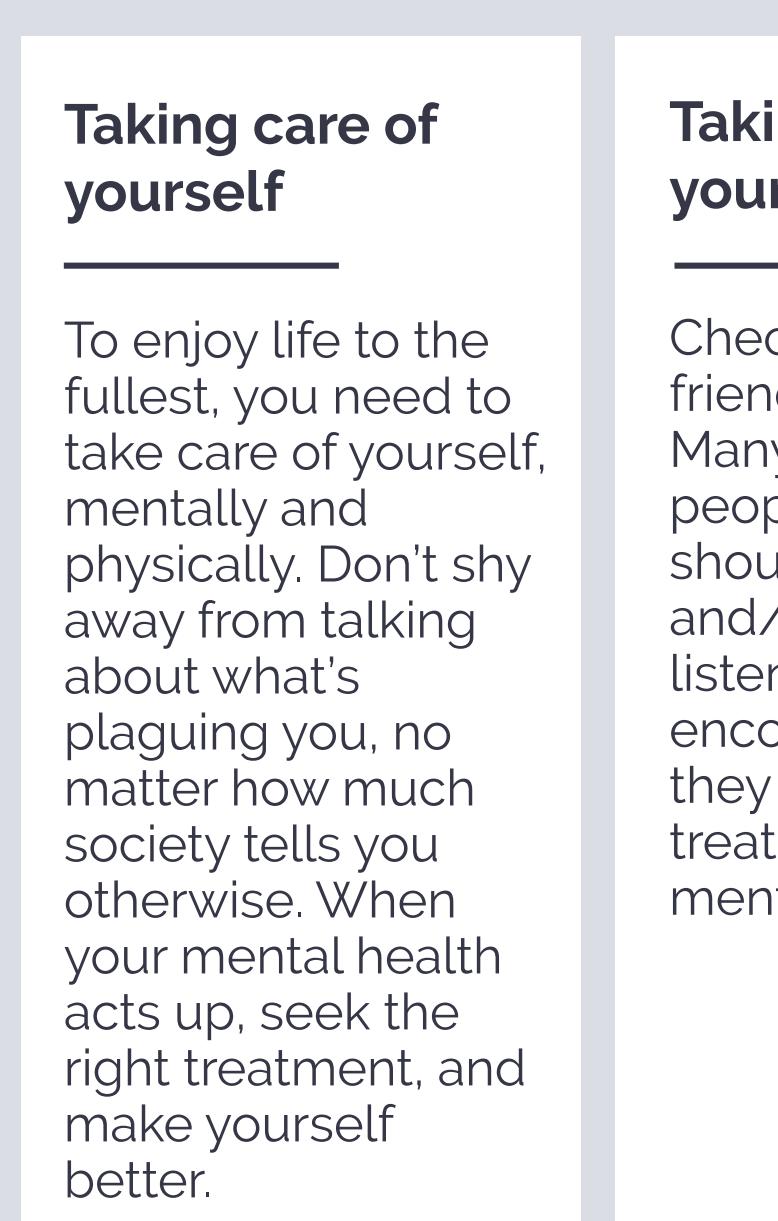
HGS USA

NEWSLETTER JUNE 2022

Welcome!

Welcome to HGS USA's new employee newsletter! We will use this newsletter to communicate company news, wellness alerts, benefits spotlights, P3 features, contest updates, and much, much more. A new edition will be released at the beginning of each month via the HGS Connect and the P3 bulletin board.

We need your help in finding a catchy name



Thank you to all of the employees who posted newsletter name suggestions in the Rec Room of P3. Each employee who made a submission will be given 200 P3 points.

Vote for your favorite submission by visiting P3 (www.peopleareeverything.com), opening the "Surveys & Quizzes" tile located on the homepage, and completing the "Newsletter Naming Contest" survey. This newsletter belongs to you – and we want your help in naming it!

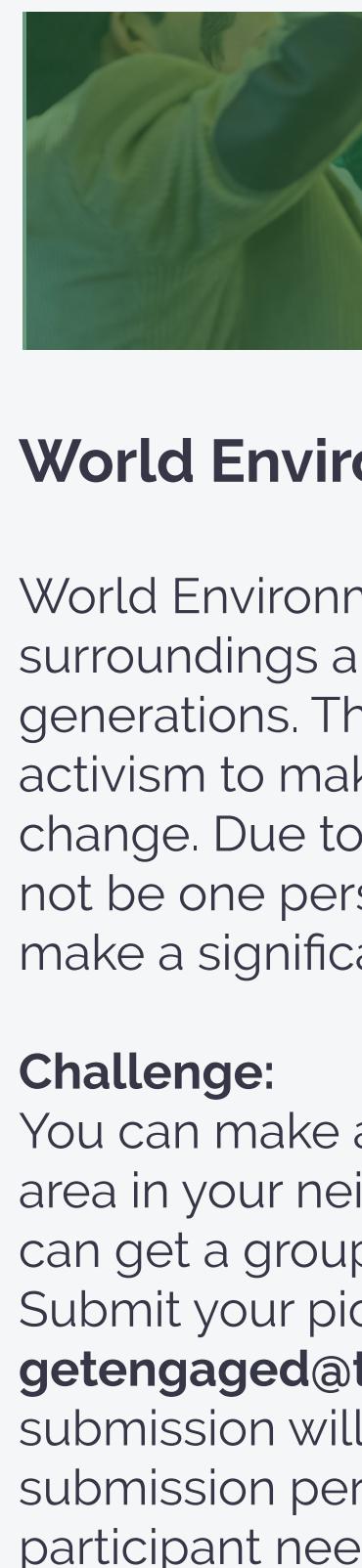
Deadline to vote: June 17 at 5 p.m. EST

The winning entry will receive **1000 P3** points in addition to the honor of having named our newsletter. The winner will be announced in the July newsletter.

This newsletter belongs to you – and we want your help in naming it!

Questions can be sent to getengaged@teamhgs.com.

Wellness Alert



Mental Health Awareness Month

Each year millions of people face the reality of living with a mental illness. To recognize these people and help reduce the stigma that they experience, the United States observes May as Mental Health Awareness Month. Mental health includes our emotions, thoughts, feelings of connection to others, and ability to manage life's highs and lows. Basically, it includes any mental, behavioral, or emotional disorders such as depression, anxiety, mood disorders including bipolar disorder, personality disorders, psychotic disorders including schizophrenia, trauma, eating disorders, and substance use disorders.

Even though this year's official Mental Health Awareness Month is complete, you can continue the celebration all year by:

Taking care of yourself

To enjoy life to the fullest, you need to take care of yourself, mentally and physically. Don't shy away from talking about what's plaguing you, no matter how much society tells you otherwise. When your mental health acts up, seek the right treatment, and make yourself better.

Taking care of your loved ones

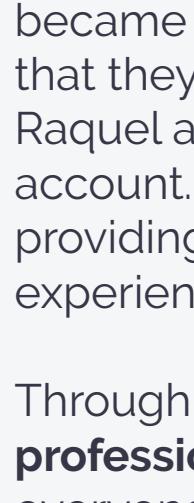
Check on your friends and family. Many times, all people need is a shoulder to cry on and/or an ear to listen. Support and encourage them if they are being treated for any mental problems.

Talking about mental health

One of the best ways to increase mental health awareness is by talking about it with your peers. The more you talk about it, the more normalized it will become. The stigma attached to mental health has led to countless delays in treatment and research on the matter. Let's help overcome the stigma by normalizing the conversations.

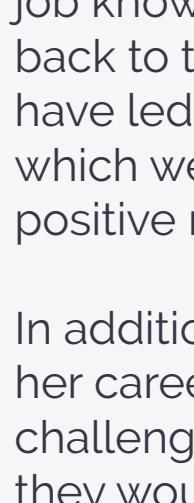
If you struggle with mental or behavioral health issues, remember that you are not alone. Nearly one in five Americans lives with a mental health condition. Now is the time to focus on healing, reaching out, and connecting in safe ways. Start by acknowledging that it's okay to not be okay. Then, ask for help.

HGS USA has resources that can help:



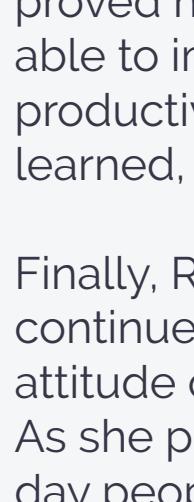
Mental Well Being

Provider: BCBS/MDLive
Phone: 888-676-4204
Website: members.mdlive.com/bcbstil



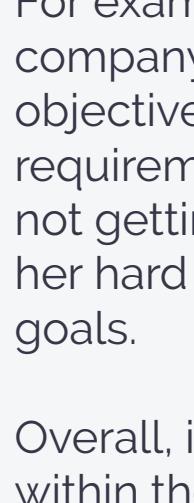
Life Assistance Program (LAP)

Provider: Cigna/New York Life
Phone: 800-538-3543
Website: cignalap.com



Financial Wellness

Provider: Cigna/New York Life
Phone: 888-724-2262
Website: cigna.mysecureadvantage.com



Telemedicine

Provider: BCBS/MDLive
Phone: 888-676-4204
Website: members.mdlive.com/bcbstil

Benefits Spotlight

Most people use health insurance to cover costs such as doctor visits and prescription medications. But did you know that HGS USA's health insurance extends those benefits to cover additional wellness products and services which people use every day? These benefits are provided through a program called Blue365.

Blue365 offers handpicked deals on premium health and wellness discounts. These savings include a wide range of wellness products and services; everything from items that you use daily to once in a lifetime vacations. Using this free portal, you can save on anything from wireless ear buds and private weight loss coaching programs to pet insurance, fitness DVDs, and contact lenses. Blue365 deals and discounts are updated regularly. You can stay informed with a weekly email sent to your inbox.

If your health insurance coverage is through HGS USA, you qualify for this benefit. Signing up is as simple as creating a free account at <https://www.blue365deals.com/>. Step by step sign-up directions are available [here](#).

Whether you are already living a healthy and active lifestyle, or need the motivation to jumpstart a new routine, Blue365 will help you save money while meeting your health and personal goals. Visit the Blue365 website and learn how you can utilize this benefit today!

People are Everything

P³: People | Performance | Passion

HGS recognizes the importance of rewarding our employees for a job well done. We show our appreciation by rewarding points which can be redeemed in the P3 portal for awesome gifts such as housewares, electronics, and gift cards to restaurants, movie theaters, and commonly used retailers such as Amazon. The P3 portal allows employees to:

- Provide Peer-2-Peer Recognition
- View and comment on Manager-2-Team and previously posted recognitions
- Shop for awards
- Send eCards
- Be social in the REC Room
- Participate in contests
- Read company newsletters
- Take online surveys
- Access photo galleries

Join the fun at www.peopleareeverything.com! If you have any questions or need help logging into your account, please email getengaged@teamhgs.com.

Experience the Fun!

World Environment Day urges everyone to protect our natural surroundings and promotes preserving our environment for future generations. This day, which falls on June 5, encourages worldwide activism to make a difference in areas ranging from littering to climate change. Due to the numerous challenges that this day highlights, there will not be one person who can solve all of the problems, but together we can make a significant impact.

Challenge:

You can make a difference by helping to create a cleaner world. Find an area in your neighborhood and spend some time cleaning it. Maybe you can get a group of friends together to make the work fun and quick. Submit your pictures (such as before/after, working, etc.) to getengaged@teamhgs.com by July 1 for a chance to win P3 points! Each submission will be given 100 P3 points, an event card, and a badge. One submission per person. (Group submissions will be accepted, but each participant needs to submit their own pictures to receive 100 P3 points, an event card, and a badge.) Submissions will be showcased on P3 and may be featured in an upcoming newsletter.

Let's all do our part to create a cleaner world! Start cleaning your neighborhood today.

The stunning fact: An estimated 7 million people die each year from causes related to air pollution, with a majority occurring in the Asia-Pacific region.

Healthy Eating Contest Results!

Thank you to everyone who participated in our healthy eating contest! Congratulations to our winners..

1st Place 1500 P3 Points:

Sarah Reynolds

Sneaky Turkey Meatballs

1/4 head cauliflower, broken into florets
1/2 cup finely shredded cabbage
1 Tablespoon potato starch or cornstarch
1 Tablespoon balsamic vinegar
1 teaspoon sea salt
1 teaspoon dried basil
1/2 teaspoon pepper
1 lb. ground turkey
Optional: Barbecue sauce and fresh basil leaves

Preheat oven to 400F. Place cauliflower in a food processor; pulse until finely chopped. Put in large bowl with cabbage, potato starch, vinegar, salt, basil, and pepper.

Add turkey to large bowl and mix lightly, but thoroughly. Shape into 1 1/2 in balls. Place meatballs on a greased rack in a 15x10x1 in baking pan. Bake 20-24 minutes or until cooked through. If desired, toss with barbecue sauce and top with basil leaves.

2nd Place 750 P3 Points:

Danielle McDade

Baked Chicken & Sweet Peppers, paired with Risotto

Preheat oven to 400F. Place chicken and peppers in a casserole dish. Add risotto to the side.

Season with salt, pepper, and herbs. Cook for 30-35 minutes or until chicken is fully cooked.

Top with cheese and bake for an additional 5-10 minutes until cheese is melted and bubbly.

Top with fresh herbs and serve with a side of risotto.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.

Pair with a glass of white wine for a delicious meal.