

Attachment 1



Overview of Employee Health & Wellbeing Resources

Personalized Wellbeing

- NYPBeHealthy Wellbeing Coaching: NYPBeHealthy offers employees confidential and complimentary on-site wellbeing coaching to support employees in reaching their personalized health goals.
- Healthy Lifestyles Rewards Platform: NYP employees can complete an online Wellbeing Assessment that will help them capture their current health status, identifies areas for improvement, and assists in the goal setting process. Employees earn rewards points toward wellness-related prizes when they use aspects of this platform to track their progress as they work toward their personal wellbeing goals.
- Annual Biometric Screening and Assessment: Employees have the opportunity to check their personal health metrics each year, and follow-up with a Wellbeing Coach to discuss results if they choose.
- Annual Healthy Holiday Challenge: An 8-week weight maintenance challenge over the holiday season.
- Kick the Habit: A tobacco cessation program, which provides financial incentives to help employees quit.

Self-Care & Support

- Healthy Mind: NYP's Employee Assistance Program offers confidential counseling and online resources to all employees and members of their households to help with personal issues, planning for life events, or simply managing daily life.
- On-Site Self-Care Classes: On-site, complimentary Restore & Relax and Restorative Yoga classes to promote self-care and help combat compassion fatigue.
- Self-Care Online Videos: Online Restorative Chair and Energizing Chair videos that can be accessed at work or at home.
- Online Mindfulness Resources: Online resources such as breath awareness techniques and mindfulness-based stress reduction techniques, and meditation audio to promote physical and emotional wellbeing.
- Annual Refresh & De-Stress Campaign: a month-long campaign focused on educating employees about how to manage stress and the resources available to them.
- Wellness Wednesdays: Each week on the Infonet, NYPBeHealthy posts wellness tips that include links to resources and words of encouragement to help keep employees mindful of their health and wellness goals.
- Critical Illness Support Program: Dedicated RN to help employees diagnosed with serious health conditions navigate their benefits.
- Bereavement Support Program: Program that coordinates support and resources for employees following the death of a colleague.
- Annual sleep awareness events
- Employee lactation spaces available across NYP enterprise

Fitness

- Annual Steps Challenges: Physical activity challenges where employees compete for highest average steps.
- Annual Fitness Promotion: 2 weeks of free fitness classes for all employees, including yoga, Pilates, cycling, strengthening classes, and more.
- Discounts to gyms and health clubs near each NYP campus; on-site fitness center at Columbia
- Indoor and Outdoor Walking Trails at each campus
- Bike racks at many NYP sites
- Links to fitness resources around NYC

Food & Nutrition

- Healthy recipes, cookbooks, and cooking videos that can be accessed online or at home
- OurHarvest Discount: An online, year-round farmers market with seasonal, local foods
- List of local Farmers Markets around NYC near each hospital site
- Healthier choices in our cafes and vending machines; labeled with NYPBeHealthy logo
- Meatless Mondays

Financial Wellbeing

- EdAssist: Employee education assistance
- Onsite retirement coaching
- Wide variety of employee discounts
- Retirement savings plans and pension benefits
- Flexible spending accounts
- Paid parental leave
- Medical, dental, and vision care
- Back-up child and elder care
- Financial seminars and assessments

Attachment 2

