



Live Well, Work Well Questions & Answers December 2021

1. What is *Live Well, Work Well*?

Live Well, Work Well is OLG's new wellbeing strategy. As OLGers, we all share a need to be well at home in order to be well at work. *Live Well, Work Well* provides the framework for helping us achieve a healthy and balanced life.

2. Why are we introducing this strategy?

Through engagement surveys and other sources, you've told us it's been challenging to balance your work and personal responsibilities effectively in a remote work environment and have asked for support in striking a healthy work/life balance. *Live Well, Work Well* is our response to this feedback. In helping you reach your wellness objectives, the strategy positions us to achieve our corporate goals and deliver on our promise to contribute to a better Ontario.

3. What is the framework for *Live Well, Work Well*?

The strategy is supported by five pillars, each with specific areas of focus as follows:

Our Program <i>Live Well. Work Well. At OLG</i>					
Our Pillars	Physical Wellbeing	Emotional Wellbeing	Financial Wellbeing	Social Wellbeing	Workplace Wellbeing
Areas of Focus	<ul style="list-style-type: none">Physical activityNutritionSleep	<ul style="list-style-type: none">Stress management and resiliencyMental health	<ul style="list-style-type: none">Saving and budgetingPromotion of Pension Plan (stages of life)Understanding your compensation	<ul style="list-style-type: none">Building meaningful connections and fostering healthy relationshipsImportance of self-care	<ul style="list-style-type: none">Learning and development opportunitiesMentoringHealth and Safety

4. How are we bringing *Live Well, Work Well* to life?

The strategy takes a holistic approach to promoting wellness, and imbeds health and wellness principles into our policies, practices and program. In the coming weeks and months, we will share details on specific initiatives to support each of the five pillars.

5. Who benefits from the *Live Well, Work Well* strategy?

All OLGers benefit from the strategy. We'll be launching a broad range of initiatives under each pillar.