

BENEFITS & WELLNESS AUGUST BULLETIN



Hello
August

 **Reminder: 2026 Wellness Reimbursement Program**
Don't miss your opportunity to receive up to \$150 in reimbursement for eligible gym memberships and fitness equipment purchases!

 **Eligible Purchases: January 1 – September 30, 2026**

 **Submit your documentation to usbenefits@inotiv.com**

 **Submission Deadline: October 1, 2026 (No late submissions will be accepted.)**

See the attached flyer for eligibility requirements, qualifying purchases, and submission details.

WELLNESS CORNER



- **World Breastfeeding Week:** Although World Breastfeeding Week (August 1–7) has ended, support and resources are available throughout your pregnancy and breastfeeding journey. Breastfeeding provides lifelong health benefits for both babies and mothers while also helping reduce healthcare costs and supporting healthier communities. If you're pregnant, consider enrolling in the **Healthy Pregnancies, Healthy Babies** program offered through Cigna during your first or second trimester. This program connects you with experienced maternity specialists who provide personalized support throughout your pregnancy and answer your questions along the way. As an added benefit, participants who remain enrolled through their **28th week of pregnancy** may be eligible to receive a **free breast pump**. For more information or to enroll, visit the [Benefits Team website](#).
- **National Immunization Awareness Month:** August is National Immunization Awareness Month (NIAM), a reminder of the important role vaccinations play in protecting individuals, families, and communities from serious illnesses. Vaccines are a safe and effective way to prevent the spread of infectious diseases and help keep people healthy at every stage of life. Staying current on recommended immunizations is an important part of preventive healthcare. Talk with your healthcare provider to determine which vaccines are recommended for you and your family based on age, health, and lifestyle. [Click here](#) for additional information on this topic.
-  **Limited-Time Active & Fit Promotion!**
Looking for extra motivation to get moving? Now is the perfect time to join! **From now through August 31, 2026**, Active & Fit is offering a **\$0 enrollment fee** when you use promo code **GETMOVING**. With Active & Fit, you can access a nationwide network of participating fitness centers, making it easier to stay active whether you're at home, at work, or traveling.
Offer Details:
 - **\$0 Enrollment Fee**
 - **Promo Code: GETMOVING**
 - **Offer Ends: August 31, 2026**
 Don't miss this opportunity to jump-start your fitness journey while saving on enrollment costs!

FINANCIAL PROTECTION



- **August is National Make a Will Month:** Statistics show that over 70% of adults do not have a valid will, often due to procrastination or the false belief that estate planning is only for the wealthy.

Why a Will Matters

- **Protects family:** Names legal guardians for minor children or pets.
- **Distributes assets:** Directs how your property and bank accounts are shared.
- **Reduces stress:** Prevents family fights and confusion during difficult times of grief.
- **Supports causes:** Allows you to leave a clear gift or legacy to favorite charities.

Steps to Get Started

- **List assets:** Gather records of bank accounts, property, and valuable personal items.
- **Choose an executor:** Pick a trusted person to manage your final wishes and talk to them first.
- **Check beneficiaries:** Review or add your beneficiaries in Workday for Life Insurance and review or add beneficiaries for your retirement plan in Fidelity [NetBenefits](#). Updating beneficiaries in both of these locations is important as both are not included in wills or trusts and beneficiaries must be specifically designated on the plan.

Take Action Today using resources provided through Fidelity, MetLife, or some other trusted resource.

- **Fidelity** provides resources to assist you in estate planning.
- **MetLife Legal Plans includes Estate Planning:** [Inotiv offers a voluntary legal plan](#) that includes estate planning tools for preparing wills, trusts, and powers of attorney. Please see the attached flyer for more information. If you are already enrolled in the legal plan, you can get started today preparing your will and other important documents. If you have not elected this plan, you can enroll in the Legal Plan during Open Enrollment in November 2026.