

BENEFITS & WELLNESS FEBRUARY BULLETIN

The new Wellness Experience

The Wellness Experience is included in your health plan at no additional cost to you. You can set up your profile on mycigna.com or download the mycigna app. Also, you have an opportunity to earn up to \$300.00 in rewards by completing daily activities, wellness screening(s) and challenges. This program has started and will conclude on December 31, 2025.

WELLNESS CORNER



- **February is American Heart Awareness Month:** Did you know that Heart Disease is the number one killer worldwide? In most cases, Heart Disease is preventable when people adopt a healthy lifestyle, which includes not smoking, maintaining a healthy weight, controlling your blood sugar and cholesterol, treating high blood pressure, getting at least 150 minutes of moderate-intensity physical activity a week and getting regular checkups. You can find additional information [here](#) regarding Heart Disease.
- **Children's Dental Health Month:** February is Children's Dental health Month. This is a perfect time to focus on helping kids develop healthy oral habits early. It is important to teach your child to brush twice daily with fluoride toothpaste, floss regularly, and visit the dentist for checkup. Did you know both dental plans offer preventative care at zero cost to you as the employee and the dependents on your plan? This includes your exam, cleaning and x-rays. Visit the [Benefit Team's website](#) for additional information.
- **Employee Assistance Program (EAP):** EAP offers assessment, short-term counseling and follow-up care if you need assistance in managing life's challenges. The EAP providers offer round-the-clock advise and support-all of which is completely confidential. Call 1-877-622-4327 and the Employer ID is **INOTIV**. Visit the [Benefit Website](#) for additional information.

FINANCIAL PROTECTION



- **Financial Wellness:** Inotiv is committed in providing personalized financial wellness to all employees. Inotiv is partnered with a Retirement Plan advisor, SageView Advisory Group, that offers a benefit called PersonalSage to help you reach your financial goals.

PersonalSage can help you with:

- Understanding the retirement plan available to you
- Answer questions and provide guidance
- Review your financial goals and strategy

Visit mypersonalsage.com to access the Financial Education and Coaching Center.

Enter the code: Inotiv00124

The PersonalSage Financial Solutions Team is available on demand Monday-Friday.

- Schedule a one-on-one meeting with a Financial Coach to discuss retirement planning, investments, debt management or financial planning.
- Register for monthly Financial Wellness Workshops- visit the [Benefit Team website](#) to view these.
- Access a library of educational articles and videos

This financial wellness platform is available through our benefits at Inotiv and is available at no cost to you.

Scan the QR code to make a complimentary one-on-one appointment with Nicholas Lamb, Financial Advisor at SageView.

