

Financial Wellness	Mental Health	Social Well-Being	Physical Health	Occupational Well-Being
<b>Description:</b> Promote retirement savings vehicles, provide educational opportunities, support financial counseling services	<b>Description:</b> Counseling services via EAP, stress management resources, flexible scheduling options, yoga/ meditation classes, etc.	<b>Description:</b> Supportive connections at work – book clubs, walking/running clubs, fitness challenges	<b>Description:</b> Healthy food options at better discounts, fitness challenges, fitness center discounts	<b>Description:</b> Encourage breaks, encourage walks when stress is high, proactively address safety issues
RUSH Copley Wellness Program Offerings				
401(K) Plan	Free Counseling Through EAP for Employee and Dependents (6 sessions)	Fitness Challenges	Sponsored Walks/Runs	Education Seminars
Competitive Benefits	EAP: Skill-Building Modules on Demand	Wellness Rounds and Cart	Free Vaccine Clinics	Flexible Work Schedules (Inclusive of Self-Scheduling)
Paid Parental Leave	Center for Clinical Wellness <sup>1</sup> (CCW) Counseling Services - Free	DE&I Initiatives/Resources	Comprehensive Health Care Benefits Including No-Cost Preventive Care <sup>2</sup>	Caritas Room for Nurses
Free Financial Planning/ Financial Counseling via Cerity Partners	CCW – Annual Mental Health Forums	Holiday Events	Livongo Diabetes Program <sup>3</sup>	Organizational Emphasis on Continuing Education
Free Educational Seminars via Cerity Partners	CCW – On-Demand Mental Health Information and Topics	Employee Recognition Programs	RxSavings Solutions <sup>4</sup>	Tuition Reimbursement
Financial Support Services Through EAP	Soothing Spaces - Interfaith Chapel 24/7, Courtyard Garden	Book Clubs/Fitness Clubs	Summer Outdoor Yoga	Nursing Scholarships
Employee Discounts – Glass Promenade Gift Shop, Waterfront Cafe	Healthplex – Yoga and Meditation	Community Engagement and Volunteerism	My YogaWorks (6 months free, then discounted)	Nursing Wellness Awards and Programs
Employee Discounts Program (HR)	Support our Staff (SOS) Critical Incident Debrief	<i>Insider News</i>	Free Healthplex Membership and Family Discount	Visible Safety Initiatives
Foundation Promise Fund	Spiritual Care Services and Support	Social Gathering Spaces - Main Lobby Areas	Water Stations	Encourage Breaks
Foundation PTO Fund	Pet Therapy Program	Pumpkin Decorating	Shared Decision Making	Unit-Based Wellness Activities – e.g. Color Me Stress Free
PTO Cashout Program	Well-Being Index	Wreath Decorating Fundraiser		
College Discounts				



Rush Copley Medical Center

<sup>1</sup> RUSH Center for Wellness Services & Programs: in addition to items listed above, Mental Health First Aid training; coaching/peer support training programs; wellness-focused workshops and talks; mindfulness courses; self-care wellness toolkit; program director/faculty toolkits; counseling services available in person and telehealth; Energy Pod; Wellness pager; RUSH Wellness News – not all programs and services are currently accessible to RUSH Copley employees based on geography

<sup>2</sup> Annual physical, mammogram, screening colonoscopy, etc.

<sup>3</sup> Free glucometer and diabetes monitoring program

<sup>4</sup> Prescription savings program