

Together, we are well

Quarterly benefits & well-being news — Q1 2026



Welcome to your quarterly well-being newsletter! To learn more about your benefits, access the Refresco Benefits Navigator by scanning the QR code or visiting Refresco.benefitsbreak.com.

You benefits, your words

Share your benefit success story

We want to hear from you! Tell us about your experience anonymously, and help us understand how our programs are performing. Visit bit.ly/Refresco_shareyourstory to share your experience.

Physical health

Preventive Care

First Stop Health

Remember to schedule your annual preventive care visit. If you are enrolled in a Refresco medical plan, you can receive virtual preventive care, urgent care and more at **no cost to you** through **First Stop Health**. Schedule a visit today at www.firststophealth.com.



Financial well-being

Banking tools

Attend a webinar to learn more about your financial benefits.

Both **Principal** and **Bank of America** have webinars available in Q1 to help you set and meet your financial goals for the new year.

Principal: principal.com/learnnow

Bank of America: go.bofa.com/Refrescoevent

NEW Smart spending

Purchasing Power

Purchasing Power lets you buy products and services now and pay over time through simple payroll deductions with no credit checks or hidden fees. You can register through the **Purchasing Power** website at any time and view the online catalog. Once registered, you will be able to shop from the assortment of more than 45,000 products and services, like computers and tablets, home appliances, fitness equipment, tires and even travel services. Visit Refresco.purchasingpower.com to learn more.



Mental well-being

Relationship therapy First Stop Health

Whether it's with a parent, friend, child or spouse, navigating relationship issues can be hard and **First Stop Health** therapy is here to help. Visit firststophealth.com or call **(888) 691-7867** to schedule a visit.



Social well-being

NEW Homethrive Your partner in caregiving

Caring for others takes time, energy and coordination — especially when managing medical visits, errands, research and new diagnoses. That's where **Homethrive** steps in. You and your Care Circle get:

- Curated articles, tip sheets and expert recommendations
- Live member events and helpful tools
- 1:1 support from professional Care Guides
- Personalized care plan with actionable steps

If you are considering or currently on family leave, **Homethrive** can support you during leave and help you plan a smooth, stress-free return to work. Visit app.homethrive.com and use code **Refresco** to register.

NEW Motivosity Your recognition platform

We're excited to introduce **Motivosity**, our new recognition platform! Download the mobile app to connect with your team, stay engaged on the go, redeem your **Cheers!** Cards and shop for rewards — all in one place.

Customize your communication preferences, this is how:

Click your profile icon in the top right corner of the **Motivosity** home page, then select 'Communications.' From there, you can personalize your settings across four sections. Review each one and choose the preferences that work best for you!