



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](https://Refresco.benefitsbreak.com).

## Your 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](https://bit.ly/Refresco_shareyourstory) to share your experience.

Here's what your peers are saying about their benefits:

**"I recently started sessions with a First Stop Health Coach. I have enjoyed setting weekly goals and recapping the wins from the previous week. I used the previous provider and I like this format a little better. With the Zoom calls it feels a little more personalized."**

## Physical health

### Men's health & preventive care First Stop Health

Preventive care, including regular doctor visits, is important for everyone. There are certain tests and screenings that are appropriate for both men and women at various life stages and some that are specific to men and their unique needs. Consider speaking with your physician about incorporating these screenings, tests and exams into your life to promote good health and avoid the onset of preventable conditions:

- Blood pressure tests (annually)
- Cholesterol tests (every five years after age 20)
- Blood sugar tests (every three years after age 35)
- Colorectal cancer screenings (after age 45)
- Prostate cancer screenings (consult your doctor)
- Testicular cancer screenings (annually)



**First Stop Health** is here to assist you in making healthy decisions. 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](https://www.firststophealth.com).



## Financial well-being

### Principal tools

#### Your financial wellness checkup

Life events aren't the only reason for you to think about and take control of your money. An annual financial wellness checkup can help you understand what's working, what's changed and where you might want to adjust. A step back to review goals, spending, debt and savings may just help you build confidence, too, for both short-term and long-term financial goals. Here's how to get started:

1. Review your goals
2. Evaluate your spending habits
3. Review your debt
4. Check up on your retirement and investment accounts
5. Decide what's next for your financial goals

Whether you're budgeting, tracking retirement savings or estimating disability insurance needs, these tools can help you make informed financial decisions. Explore free planning resources, calculators and worksheets at [www.principal.com/individuals/learn/planning-tools-calculators](http://www.principal.com/individuals/learn/planning-tools-calculators).



## Mental well-being

### **NEW** AllOne Health

#### Employee Assistance Program (EAP) Perks

The **Employee Assistance Program (EAP)** has updated its portal and now offers a mobile app giving you multiple convenient ways to access your AllOne Health **EAP**. Download the app for quick, easy access right from your phone. For more information about your **EAP**, visit [reliance-matrix.allonehealth.com](http://reliance-matrix.allonehealth.com).

With the AllOne Health update, you can now:

- Self-schedule virtual counseling
- Use Izzy, your AI mental health navigator
- Access on-demand self-help resources
- Get 24/7 real human support



Click above to download the app from the Apple App Store or Google Play Store and sign up using your existing member portal code: **RSLI859**. Once you're signed in, you can begin exploring the app!

**Webinars:** View upcoming webinars through **EAP** with experts on stress, parenting, leadership and more at [reliance-matrix.allonehealth.com](http://reliance-matrix.allonehealth.com). Additional events and webinars can be found on the Benefits Navigator or by visiting [bit.ly/Refresco\\_web\\_events](http://bit.ly/Refresco_web_events).



## Social well-being



### **NEW** Homethrive

#### Caring for someone with Alzheimer's and Dementia

June is Alzheimer's and Dementia Awareness Month. Early diagnosis can help you or a loved one access treatments sooner, ease anxiety around memory concerns and reduce costs associated with testing and care.



Scan the QR code to use this toolkit to get started. It includes everything you need to prepare for a medical visit and advocate for an evaluation if you or someone you care about is experiencing memory loss or cognitive changes.

Log into [app.homethrive.com](https://app.homethrive.com) for in-depth information on early memory concerns and to connect with Homethrive for ongoing **FREE** support.

### **NEW** Motivosity

#### Your recognition platform

Ready to breeze through all your birthday and work anniversary shoutouts for the month? You can get them all done in minutes. Here's how:

- Select Milestones at the top of the page.
- On the Milestones page, switch between Birthdays or Anniversaries at the top. Use the dropdown (the little carrot icon) to filter by Your Team or Company Wide.
- Start crafting your notes for anyone with an upcoming milestone and click Schedule Comment next to their name.
- Your message will automatically post on their feed on the actual day of their milestone—set it and forget it!

#### Stay connected to receive updates

Navigate to your Junk Email folder. Right click on a Motivosity email from [noreply@motivosity.com](mailto:noreply@motivosity.com). Hover over the "Block" option and then click "Never Block Sender."