

Resources that
— CARE FOR THE —
WHOLE YOU



LET'S GET STARTED

Welcome!

At Compass Group, our people are our purpose, and we know that the key ingredient to our success - is you. We want you to thrive in our culture of well-being and acceptance while having the opportunity to reach your full potential. At work or at home, we care for the whole you – your health, wellness, finances, career, and lifestyle.

What's inside

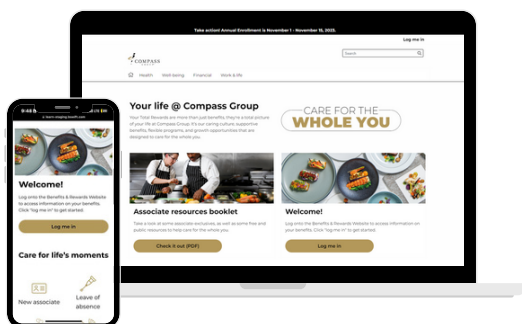
In this packet, you'll find some Compass Group associate-exclusive resources, as well as public resources that everyone has access to.

Find it fast

- Health resources ————— 2
- Well-being resources ————— 3
- Financial resources ————— 4
- Work & life resources ————— 5

Craving more?

Visit Life @ Compass for easily accessible benefits information.



SCAN ME

with your phones camera




CARE FOR THE
WHOLE YOU

I WANT TO...

Get active

Getting outside is easy but knowing where to go isn't always. AllTrails is a free resource that connects you with local hiking, walking, biking, running, and even pet and wheelchair friendly trails.

 [alltrails.com](https://www.alltrails.com)

Everyone needs physical activity to stay healthy, but it can be hard to find what's best for you. Move Your Way offers tools, videos, and fact sheets that make it easier to get a little more active.

 [health.gov/moveyourway](https://www.health.gov/moveyourway)

Explore the Discount Marketplace for exclusive deals on the essentials to help you get and stay active.

 compassgroup.perkspot.com

Stay well

Are you looking for free or affordable governmental resources? The below options are available to help you stay healthy and get the care you need.

I'm looking for...

Free or low-cost healthcare options

- [nafclinics.org](https://www.nafcclinics.org)

Public health insurance through the marketplace*

- [healthcare.gov](https://www.healthcare.gov)

Women's health resources

- [womenshealth.gov](https://www.womenshealth.gov)

Holistic health resources

- [hhs.gov](https://www.hhs.gov)

* The Health Insurance Marketplace (Marketplace) is a federally operated insurance marketplace where individuals and families can purchase and compare health plans.

Eat well

The benefits of healthy eating add up over time, bite by bite. MyPlate helps you learn about the five food groups and helps make your food work for you.

 [myplate.gov](https://www.myplate.gov)

Find good apps

It can be hard to find time for eating and living healthy. Consider downloading one of these free apps for convenient access to healthy resources.




 Available in the App Store and Google Play.

The apps listed have free service options; however, some services also feature ads and in-app purchases. These apps are separate from Compass Group and are only promoted as free resource options.

SUPPORT FOR...

Life's demands

The Employee Assistance Program (EAP) offers support and solutions for whatever life brings your way. Explore resources that support your life, health, money, and career. It's free, confidential, and available 24/7.

 877-240-6863

 healthadvocate.com/compass-group

Eating healthy

Eat. Live. Do. Well is your source for up-to-date and reliable wellness information. The website offers many resources from cooking to living a greener life, including recipes and meal planning ideas, quick how-to kitchen videos, and tips for living well.

 weatlivedowell.com

Mental health services

These websites offer great support for finding reliable mental health resources and services.

I'm looking for...

Reliable mental health information

- mentalhealth.gov

Tools for coping with stress

- cdc.gov/mentalhealth/tools-resources

Finding reliable treatment

- findtreatment.samhsa.gov

Substance abuse support

- Support helpline: 800-662-HELP (4357)
- Treatment helpline: 855-780-5955
- Live chat: liveandworkwell.com

Basic needs

Access to basic necessities can directly impact your emotional well-being? If you or your family need support, like access to food and transportation, or even with paying bills, Find Help can connect you to free or reduced-cost community programs.

 findhelp.org

Self-care apps

It can be hard to find time for self-care. Try downloading one of the free apps below for convenient access to self-care.



 Available in the App Store and Google Play.

The apps listed have free service options; however, some services also feature ads and in-app purchases. These apps are separate from Compass Group and are only promoted as free resource options.

SUICIDE & CRISIS LIFELINE

call or text
for help **988**

Read the well-being newsletter for more!



Scan me or visit

learn.bsswift.com/compass/be-well-newsletter

I WANT TO...

Make informed decisions

With the Employee Assistance Program (EAP), you can plan for college, retirement, and life in between. Access planning guides, financial calculators, webinars, and more. It's free, confidential, and available 24/7.

877-240-6863

healthadvocate.com/compass-group

The Consumer Financial Protection Bureau (CFPB) is a government agency that's on your side through life's financial moments. You can access resources for housing, car loans, paying for college, credit card debt, and other scenarios life throws your way.

consumerfinance.gov

Protect my money

With the Discount Marketplace, you have access to exclusive discounts to help you save on everyday items. From local discounts to brands you love, you'll be able to start saving instantly.

compassgroup.perkspot.com

The Associate Shopping Program¹ helps make big purchases feel small. You can shop thousands of brand-name products and pay for them from your paycheck overtime, with no credit checks, hidden fees, or interest.

compass.purchasingpower.com

Save for the future

The Retirement Plan,² through Fidelity, gives you access to on-the-go financial well-being resources, like educational videos, webinars, podcasts and more.

netbenefits.com

Get paid early³

When your wallet is stretched as far as it can go, Same Day Pay can help. Access your paycheck early, save automatically, and budget easily - all from the ONE@work app.

Available to hourly associates on MyStaff timekeeping systems.

Available in the App Store and Google Play.

Have support on the go

Consider downloading one of these free apps for convenient access to resources that support your financial well-being.



Available in the App Store and Google Play.

The apps listed have free service options; however, some services also feature ads and in-app purchases. These apps are separate from Compass Group and are only promoted as free resource options.

¹ Available to associates who have been actively employed for nine months and whose annual salary is at least \$16,000.

² Associates residing in Puerto Rico are not eligible to participate in the Retirement Program.


³ The ONE@Work platform and any services offered by ONE@Work are not a Compass Group sponsored employee benefit plan, are not associated with any other Compass Group sponsored employee benefit, and are not subject to or governed by ERISA. ONE@Work is not available to Puerto Rico associates.

SUPPORT FOR MY...

Career

We're here for you at every step of your career. With job roles spanning the globe, we provide the opportunities to develop your skills, find your purpose, and grow with us.

 compassgrouplearns.com

 facesofoursuccess.compass-usa.com

Family

Being a caregiver can be emotionally and physically taxing. Explore resources to connect older adults and people with disabilities with programs that can help pay for health care, medicine, food, utilities, and more.

 benefitscheckup.org

Thinking of adding to your family through adoption? Explore trusted resources surrounding adoption and foster care.


 childwelfare.gov

Pets

If your pet gets sick or injured, vet bills can rack up fast. The Pet Plan offers financial support and peace of mind for pet parents.

 benefits.petinsurance.com/compass-group

Looking for objective advice, expert info, and helpful tools to answer your pet questions? Access trusted resources provided by veterinarians in the U.S.

 veterinarians.org

Free time

Ease financial stress while still having fun with the Discount Marketplace. Access discounts on car rentals, event tickets, vacation rentals, and more.

 compassgroup.perkspot.com

VolunteerMatch connects good people with good causes. Find opportunities based on your skills to give back to your community.

 volunteermatch.org

Legal needs ²

Find free legal aid near you and get answers to your legal questions.


 lawhelp.org

LawHelp Interactive is a website that helps you fill out legal documents for free. Answer a few questions and it uses your answers to complete the documents you need.

 lawhelpinteractive.org

Home

The Department of Housing and Urban Development (HUD) provides support from public housing to home ownership.

 hud.gov

Find the best deals on car and home insurance with the Choice Home and Auto Program.

 compassgroupvoluntaryplans.com