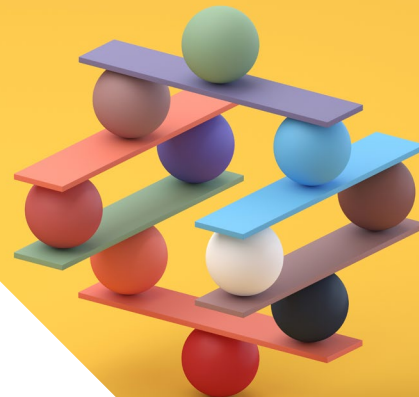


Begin the new year with balance.

Check out these tips for a healthier start.



Physical

Your personal health team awaits.

Did you know that with your Cigna Healthcare® medical plan, you have access to a Personal Health Team? Nurses, dietitians, behavioral health professionals, social workers and pharmacists are here to support your well-being .

[Discover your team](#)



Emotional

Take care of yourself.

If you're feeling a little off or flat following the holidays, it's not just you. You might be experiencing an emotional hangover. Make sure to get rest, stay active and connect with those around you to recover well.

[Get more insight](#)



Financial

Reach your financial goals.

A new year often brings new financial goals. Whether you are looking to save more income or pay off debt, LearnLux makes it easy to start strong with financial tools, lessons and one-on-one guidance—at no cost.

[Sign up for access](#)



Social

Consider a sober start.

"Dry January" is almost over, but it doesn't have to stop there. Without the presence of alcohol, many people find fun and meaningful new ways to connect. Plus, the benefits of sober socializing may just surprise you.

[Explore the benefits](#)



In the know

Start your application.

The Ida C. Koran Scholarship Program is here to help dependent children of Ecolab employees and retirees with tuition and other postsecondary educational expenses. Scholarship recipients must meet select requirements. Apply through 2/20/26.

[Learn more](#)



Event Spotlight

Get the help you need.

Homethrive is supporting caregivers with a live 30-minute webinar on 2/19/26. Join to learn practical steps for navigating challenges and reclaiming valuable time and energy while caring for a loved one.

[Sign up to attend](#)

[Be Well Resource Center](#)