

*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, well-being, finances, work & life.

### 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 the QR code or visit [learn.bswift.com/compass](https://learn.bswift.com/compass).



 [learn.bswift.com/compass](https://learn.bswift.com/compass)



## 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](https://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

With Headspace, you have extra support to finding a healthier, happier you.

Both full-time and part-time Associates have access to the Headspace app, including:

- Meditations to help manage life's moments
- Sleepcasts for restful nights
- Focus beats to get you in the zone
- Workouts for body and mind

Associates must register for Headspace through their unique enrollment link, located by logging into [CompassGroup.Bswift.com](https://CompassGroup.Bswift.com) and clicking "Headspace".

### 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.

 [weeatlivedowell.com](https://weeatlivedowell.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](https://mentalhealth.gov)

Tools for coping with stress

- [cdc.gov/mentalhealth/tools-resources](https://cdc.gov/mentalhealth/tools-resources)

Finding reliable treatment

- [findtreatment.samhsa.gov](https://findtreatment.samhsa.gov)

Substance abuse support

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

### Read the well-being newsletter for more!



**Scan me or visit**

[learn.bswift.com/compass/be-well-newsletter](https://learn.bswift.com/compass/be-well-newsletter)

## I WANT TO...

### Make informed decisions

Financial well-being starts with knowing what's most important to you — and making saving and spending choices that support the life you want to live. Both part-time and full-time Associates have access to Headspace. Get started by logging into [compassgroup.bswift.com](https://compassgroup.bswift.com).

 [compassgroup.bswift.com](https://compassgroup.bswift.com)

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](https://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](https://compassgroup.perkspot.com)

The Associate Shopping Program<sup>1</sup> 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](https://compass.purchasingpower.com)


### Save for the future

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

 [netbenefits.com](https://netbenefits.com)

### Get paid early<sup>3</sup>

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.

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

<sup>2</sup> Associates residing in Puerto Rico are not eligible to participate in the Retirement Program.

<sup>3</sup> Available to hourly associates on MyStaff timekeeping systems. This program is currently not available to associates residing in Puerto Rico. 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 nor governed by ERISA. Percentage allowance varies in certain states.

## 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](https://compassgrouplearns.com)

 [facesofoursuccess.compass-usa.com](https://facesofoursuccess.compass-usa.com)

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### 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](https://benefitscheckup.org)

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

 [childwelfare.gov](https://childwelfare.gov)

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### 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](https://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](https://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](https://compassgroup.perkspot.com)

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

 [volunteermatch.org](https://volunteermatch.org)

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### Legal needs

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

 [lawhelp.org](https://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](https://lawhelpinteractive.org)

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### Home

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

 [hud.gov](https://hud.gov)

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

 [compassgroupvoluntaryplans.com](https://compassgroupvoluntaryplans.com)