

CARE FOR THE **WHOLE YOU** *marriage edition*



Congratulations! Getting married is exciting, but can be stressful. That's why we've gathered a few resources to help support you and your new spouse.



Well-being by Headspace¹

Explore the Headspace app for 24/7 support for whatever life brings your way. Plus, you can share Headspace with your loved ones, too.

 compassgroup.bswift.com






Helpful discounts²

With the Discount Marketplace, you have access to discounts to save on all the things you need to start your life together.

 compassgroup.perkspot.com

Quick checklist:

- Update your benefits.**
You can add your new spouse to your coverage within 30 days of your marriage. Don't forget to provide proof of their eligibility.
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- Update your beneficiaries.**
Having updated beneficiaries helps ensure your loved ones are financially protected if something happens to you.
 compassgroup.bswift.com  netbenefits.com

1. Available to part-time and full-time Associates.

2. Eligibility in the Discount Marketplace is determined based on the individual offer. Some of the programs, services and resources offered as part of the Total Rewards package are not Compass Group sponsored employee benefit plans or associated with any other Compass Group sponsored employee benefit. In addition, they are not subject to or governed by ERISA.