

IM WELLNESS, YOUR WELLBEING WITHIN REACH

DESIGNED TO ENABLE MOUNTAINEERS TO CLIMB HIGHER!

WHY IM WELLNESS?

IM cares about your wellbeing

Free, 24/7, confidential and accessible via mobile app—IM Wellness makes it easy for you to learn about and take advantage of all the wellbeing resources available to you: lifestyle coaching, EAP, mindfulness and more.

It's within reach

We have something for everyone and we meet you where you are with a web and mobile experience to support your wellbeing journey. There's something for everyone no matter where you are in your wellbeing journey.

We simplify your access

We're your one-stop shop for all resources and information about your benefits and Iron Mountain programs. Access IM Wellness in your Google Apps Dashboard, or simply download the app.

Get started:

Get started today by going to member.virginpulse.com.

Not a member yet?

Visit join.virginpulse.com/ironmountain and provide your employee ID, company email, name and surname.

Scan the code to download the mobile app.



WHAT ARE THE PRINCIPLES AT IRON MOUNTAIN FOR YOUR WELLBEING?



FINANCIAL Learn how to manage your personal finances and feel safe and confident to make decisions about your debts, investing, savings and spending.



SOCIAL Create an open, inclusive and safe environment where you can show empathy by actively listening and valuing your colleagues' perspectives.



PHYSICAL Focus your energy by being aware of your daily habits and learning skills to know what, how and when your body functions best to improve your health and safety.



EMOTIONAL Maintain or build your resilience and practice self-care for your emotional wellbeing.

SUPPORT IS RIGHT AT YOUR FINGERTIPS!

IM Wellness offers tools and resources to help build resilience, manage your energy, show more empathy and feel financially secure to focus on your overall wellbeing.



JOURNEYS®

Journeys are daily, self-guided courses to help you build healthy habits, and there are plenty of mental health-related Journeys to choose from.

- *Choose a New Attitude*
- *Beat the Blues*
- *Stress Less in 10 Minutes*
- *Three Ways to Lower Stress*



HEALTHY HABITS

Healthy Habits can help you keep yourself accountable. Choose the habits that fit your mental and emotional needs and add them to your daily routine or start a Personal Challenge with friends. Here are just a few:

- **Self-care:** Did you choose a self-care activity when you felt worried or stressed today?
- **Gratitude Journal:** Did you write down something you're thankful for?
- **Change Your Mood:** Did you spot a down mood today and change directions to feel better?



MINDFULNESS

RethinkCare offers a variety of short videos that will guide you through exercises in Mindfulness & Meditation, Yoga and Emotional Intelligence. When you need to center yourself, mindfulness is the perfect break in your day.



SLEEP GUIDE

A good night's sleep and your mental wellbeing go hand in hand. So, what's your sleep like? Use the Sleep Guide to decide what you need to work on. Then get information to help you rest.



EMPLOYEE ASSISTANCE PROGRAM (EAP)

No matter when, no matter where, you have free, confidential support by phone, email or web.

1. Sign in to the IM Wellness platform
2. Access the **Benefits** page
3. Click on **Employee Assistance Program**
4. Add the code: **Iron Mountain**

Quick tips:

- **Energize your body** and be aware of the basics, like good sleep, adding physical activity and optimal nutrition.
- **Start your resilience practice.** It's as simple as closing your eyes and focusing on your breathing for a few seconds each day.
- **Stay connected** to your colleagues and family by actively listening and making them feel safe.
- **Talk with the EAP** to help manage personal and work demands and access resources and tools.



Scan the code
to download
the mobile app.



IM Wellness