



January 2026

Wellbeing monthly

On deck this month

January at a glance

✓ **Double points** month
Complete your Wellbeing Assessment

✓ **Check out:** 2026 Strive incentives

✓ **Explore January's** featured resources

[LEARN MORE](#)

Upcoming wellbeing webinars

We have some great wellbeing webinars coming up, brought to you by Ayco, Lyra and Vanguard. Learn more about each webinar and sign up to attend below.

Lyra



Minding your mental health: When to get support and what to expect

January 20 at 2 p.m. EST

How do you know when you need help from a mental health professional? And what happens when you get it? For most people, this is a mystery, but it doesn't have to be. This interactive workshop walks people through the process of seeking help. From dealing with the normal stresses of life to addressing mental health difficulties like depression and anxiety, you will know what professional mental health support can look like and how to seek support when you need it.

[**REGISTER NOW**](#)

Ayco



Managing your money: Strategies for budgeting, credit and debt

Several dates and times available

From major purchases to managing everyday expenses, budgeting and debt management are key to achieving your financial goals. This session will cover strategies to build a realistic budget and manage debt effectively — helping you take control of your cash flow and stay on track toward long-term success.

[REGISTER NOW](#)



Navigating taxes with confidence

Several dates and times available

Tax planning throughout the year can help reduce stress and improve financial outcomes. This session will explain the fundamentals of tax planning, provide strategies for managing taxable income and highlight ways to maximize

deductions so you can feel more confident when it's time to file.

[REGISTER NOW](#)



Quick hits: Financial planning for growing families

Several dates and times available

As your family grows, so do your financial priorities. This session will cover key considerations for new and expanding families, including budgeting for childcare and education, adjusting insurance coverage and setting long-term goals that support your household's evolving needs.

[REGISTER NOW](#)



Quick hits: Establishing an emergency fund

Several dates and times available

Life can be unpredictable, making an emergency fund essential for financial security. In this session, learn practical ways to start or strengthen your emergency savings, free up cash flow and build a safety net to help protect against unexpected expenses.

[REGISTER NOW](#)

Vanguard



Getting on track for retirement

Several dates and times available

If you've been saving in your retirement plan for a while, take a step back and find out whether you're headed for the retirement you want. You'll get a better picture of where you stand and what support is available.

[REGISTER NOW](#)

Featured wellbeing resources



Ayco Personal
Financial
Management

[Ayco article: Feeling stressed about finances?](#)

Our financial wellbeing partner, Ayco, offers free personalized financial guidance, tools and resources that will help you manage your finances. Access Ayco in [Strive](#) on the "programs" page.



[Foodsmart article: Five tips for a heart-smart lifestyle](#)

In Foodsmart, you can create custom meal plans from simple, tasty recipes you'll love. You can even add recipe ingredients to a digital grocery list for easy online ordering. To access Foodsmart, sign in to [Strive](#) and select "programs."



[Lyra soundscape: 7 ways to support a friend going through tough times](#)

With Lyra, our global mental health and employee assistance program, you and your household family members and dependents have access to confidential, comprehensive and convenient mental healthcare including up to 10 free coaching and/or counseling sessions. Lyra is always available, you can reach them online by registering at stryker.lyrahealth.com or by calling your [country-specific phone number](#).

◆ **Wellbeats**

Wellness

[Wellbeats program: Get stronger](#)

Our physical wellbeing partner, Wellbeats, offers thousands of workouts on-demand including running, HIIT, recovery and family-friendly sessions. Find Wellbeats in [Strive](#) on the "programs" page.

RethinkCare

[RethinkCare article: Compassionate strength](#)

Mindfulness can help reduce stress, improve sleep, develop a positive outlook and retrain your brain to react more positively. Participate in thousands of RethinkCare sessions — sign in to

[Strive](#) and select the "programs" page to access RethinkCare.



Contact myHR with questions

If you have questions on this month's content, contact the [myHR support team](#) or open a case via the [myHR support portal](#).

