

Support, strengthen, **shine**



In this issue, you can find ways our benefits can support your health, strengthen your wellbeing and help you shine.

Explore your resources today for a stronger, more fulfilling tomorrow.

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Introducing virtual physical therapy from **Hinge Health**

Feeling sore from yard work or other summer activities? **Hinge Health provides virtual physical therapy designed to help reduce everyday joint and muscle aches and support recovery from injuries.**

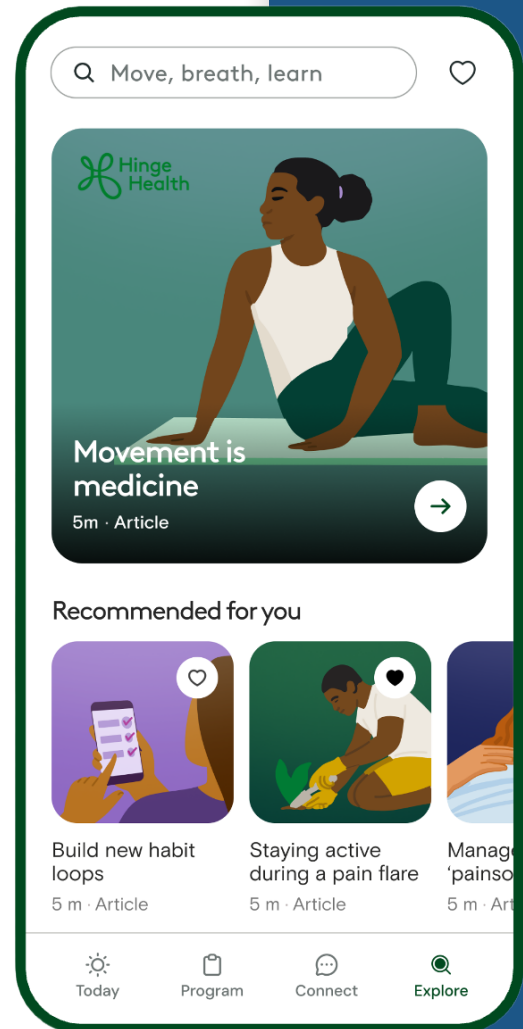
Please note: Hinge Health replaced Kaia virtual physical therapy effective June 1, 2026 and is available to employees and dependents age 18+ who are enrolled in a Stryker UnitedHealthcare or Surest medical plan.

Best of all, Hinge Health is available at no cost to you!

With Hinge Health*, you get personalized care to help you feel your best, including:

-  **A care plan designed for your everyday activities and long-term goals**, with support for your entire body.
-  **Physical therapy sessions you can complete in as little as 15 minutes**, anytime and anywhere through the Hinge Health app.
-  **One-on-one support from a physical therapist or health coach** to tailor your sessions and help you reach your goals.
-  **Real-time feedback during your physical therapy sessions**, with precise motion tracking to improve your form and build confidence.

*Consult with your healthcare provider with any questions about your medical condition or treatment.



Get started with Hinge Health

- **Surest members:** Log in to benefits.surest.com and search for “physical therapy.” Then select Hinge Health from the options listed at the bottom of the page.
- **UHC members:** Log in to myuhc.com and click on Benefits & Cost at the top. Then click My Coverage & Benefits, followed by Additional Benefits and View All Additional Benefits.

Starting July 1!

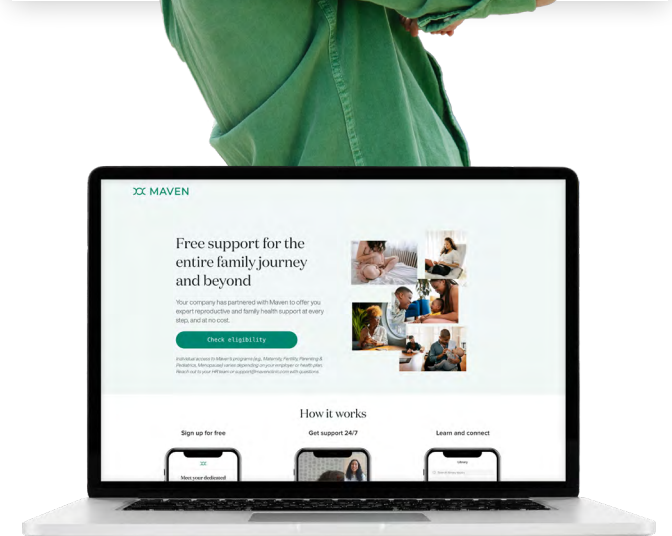
Grow your family with expanded adoption and surrogacy benefits

Earlier this year, we introduced Maven, your go-to resource for family building, parenting and midlife health. Starting July 1, we're expanding that support with an enhanced adoption assistance benefit and a new surrogacy benefit, both administered through Maven.

These benefits are available to full- and part-time employees working at least 20 hours per week.

- **Adoption assistance:** The adoption assistance benefit is increasing to \$15,000 per lifetime, making it easier to welcome a new member to your family.
- **Surrogacy:** A brand new surrogacy benefit of \$20,000 per lifetime, supporting you on your path to parenthood.

All adoption and surrogacy reimbursements will be processed through Stryker payroll. Surrogacy reimbursements and some adoption reimbursements are taxable.



Ready to learn more? Visit the [Total Rewards site](#). To start using this expanded benefit, log in to the Maven app or register at mavenclinic.com/join/stryker.

Strive helps you shine

If you haven't checked in with Strive recently, new content is added each month to help you strengthen your wellbeing. Recent highlights include:

- **New additions to the media library**, including audio and video content on topics like overcoming setbacks, managing stress, nutrition, leadership and parenting.
- **New Journeys** — daily, self-guided courses to help you build healthy habits — with titles including Balancing Work and Family, A Guide for Parents, 5 Strategies to Ease Anxiety and Fall Asleep, Rising Above Self-doubt and Imposterism and Sustainable Shopping Habits You Can Start Today.

Visit strive.stryker.com to get the most from Strive and earn points for participating. Spouses and domestic partners can also participate and earn their own incentives.

Keep your health shining bright **with preventive care**

Taking charge of your health starts with preventive care — your first line of defense against serious health issues. By catching potential problems early, preventive care can make treatment easier and may help you avoid higher medical costs down the road.



Preventive services are free under any Stryker medical plan when you use in-network providers.

Remember, only visits focused on preventive care are covered at no cost. You may incur a cost for additional health concerns discussed at a preventive visit or for certain follow-up diagnostics.

Preventive care includes things like:



Annual physicals



Vaccines



Well-baby and well-child care



Recommended age-based tests and screenings

including for breast cancer (mammogram), colon cancer, prostate cancer, lung cancer and cervical cancer (pelvic exam and Pap smear)



Other health screenings for conditions like osteoporosis and diabetes

To learn more about what's considered preventive care — and to access an interactive preventive care checklist — visit the [UnitedHealthcare](https://www.unitedhealthcare.com) website.







Surest corner: **Managing prescriptions**



If you're enrolled in the Surest Advantage Plan, watch for helpful tips throughout the year on making the most of the plan.

The Surest app is your go-to tool to simplify managing your prescriptions.

-  Easily search for medications to see whether a medication is covered or if a covered alternative is available
-  Adjust the quantity when searching — otherwise, the default will show the most commonly dispensed quantity and duration for that medication
-  View nearby pharmacy locations and home delivery options
-  Select a pharmacy to find its address, contact information, hours of operation and drive-up options

Have questions about costs or coverage? Call Member Services at **844 530 0139** for assistance.



Get a health expert **on your team**

Managing your health can feel overwhelming — especially when facing complex conditions like cancer, chronic pain or a recommended surgery.

If you're enrolled in a Stryker medical plan, Included Health offers you and your covered dependents **free access to remote second medical opinions to double-check your diagnosis or medications**, handling everything from collecting medical records and reviewing with the right specialist so you can focus on your health.

- If you've recently received a diagnosis, Included Health handles the heavy lifting by gathering your medical records, helping you frame the right questions to ask and connecting you with leading specialists who will review your case, confirm or clarify your diagnosis and outline the best treatment options for your situation.
- Get recommendations from top specialists on non-surgical or surgical options, helping you avoid unnecessary procedures.
- Included Health will then review the results with you, so you can focus on understanding your options and what's next.

Included Health is just a call or click away at includedhealth.com/stryker or **855 431 5551**.

Additional services through Included Health

Get 24/7 access to expert medical advice — whether you have questions about symptoms, medication side effects or need help managing a chronic condition. Common needs include cancer, back and knee pain, arthritis, heart disease, diabetes, migraines and digestive issues.

If you're enrolled in the UHC Value PPO or HSA plans, Included Health can assist with claims, personalized cost estimates and finding high quality providers (available through Surest Member Services for Surest members).

The LGBTQ+ Health and Black Health programs can help you and your family access high quality, culturally inclusive care, regardless of if you're enrolled in a Stryker medical plan.

Updates to the 2026 Summary Plan Description (SPD) will be made available in July. You can access the SPD online [here](#).

Strengthen your savings **this summer**

Stryker provides a number of free resources that can help you save.

Ayco

Ayco connects you with experienced financial coaches, tools and education designed to meet you where you are. These aren't one-size-fits-all sessions — coaches listen to your goals and build a plan that fits your income, obligations and timeline. Ayco can help with:

- Buying a house
- Paying down debt
- Saving for life milestones

You can access Ayco by signing into [Strive](#) and selecting "Programs" along the top navigation bar.

PerkSpot

PerkSpot is a free online platform where hundreds of merchants offer discounts on electronics, apparel, travel, automotive and more. PerkSpot has more than 15,000 deals across more than 3,000 brands. There's even a PerkSpot mobile app so you can browse and save on the go. You and your family, including spouses/domestic partners, can enroll in PerkSpot using [this unique link](#).

Lyra Health

Lyra Health, our mental health and employee assistance program (EAP), offers free mental health sessions and other confidential support to you and your household members 24/7, including:

- Mental health care, including 10 free sessions of coaching and/or therapy each year
- Legal, financial and identity theft consultations
- Elder and childcare resources and referrals

To get started, call **833 511 0159** or visit stryker.lyrahealth.com.

Learn more

For more information on your Total Rewards, use these helpful resources:

- **Total Rewards site:** totalrewards.stryker.com
- **myHR:** myhr.stryker.com or 877 795 2002
- **Benefits Enrollment Site:** enroll.stryker.com

