

March 2026

# Wellbeing monthly

## On deck this month

### March at a glance

- ✓ **Double points** month  
Favorite a Foodsmart recipe
- ✓ **Check out:**  
Coping with Critical Events
- ✓ **Explore March's**  
featured resources

LEARN MORE

## Your newest employee benefit



### Meet Maven!

Maven, your newest employee benefit, connects you with top-rated specialists and offers guidance for family building, parenting and midlife health.

**Maven can support through a variety of ways:**

- If you're trying to grow your family:
  - Meet with experts about conceiving, egg freezing, adoption and surrogacy
  - Find support for understanding fertility
- If you're welcoming a little one:
  - Watch birthing classes and get personal birth planning sessions
  - Get newborn care tips and talk to mental health and lactation experts
- If you're raising a child:
  - Stream classes on pediatric sleep and nutrition
  - Get expert advice from pediatricians and development psychologists
- If you're navigating midlife:
  - Get nutrition guides and workouts to stay healthy and strong
  - Find guidance for health and hormonal changes including menopause and low testosterone

Take 20 minutes to learn more about Maven by watching the [on-demand overview webinar](#).

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## Upcoming wellbeing webinars

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

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### Lyra



#### **Getting Better Sleep: How to Optimize Your Time in Bed**

**March 9 at 2 p.m. ET**

We all know we need to sleep well. But how do we get enough? The science of sleep offers a ton of great strategies for falling asleep more quickly, staying asleep through the night and feeling restored throughout the day. This workshop will walk you through the best practices for getting the rest you need — including how you can change your behavior to improve your sleep, how your sleep schedule influences your sleep quality, the role your mind plays in sleeplessness and strategies for quieting it, and how to overcome barriers to implementing the sleep strategies you already know.

[REGISTER NOW](#)

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## RethinkCare



### **Executive Function at Work: Building Skills for Success and Wellbeing**

**March 5 at 12 p.m. ET**

Supporting personal growth and wellbeing in the workplace is key to long-term success and job satisfaction. Discover how to harness your strengths, recognize areas for growth and build strategies that support your success at work. In this interactive session, explore how self-disclosure can help you seek support, why executive function skills matter and how these practices contribute to overall wellbeing. Participants will leave with practical tools to enhance workplace performance and confidence.

**REGISTER NOW**

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## Ayco



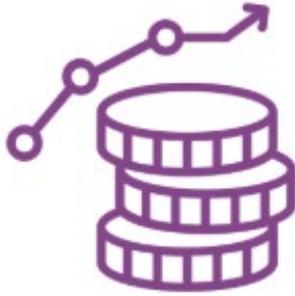
### **Investing fundamentals: Navigating Stocks, Bonds and Mutual Funds with Confidence**

**Several dates and times available**

Designed for those beginning their investing journey, this session will cover the fundamentals of stocks, bonds and mutual funds. You'll learn how diversification works, why it matters and how to start building an investment strategy with confidence.

**REGISTER NOW**

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## Essentials of Financial Wellness

### Several dates and times available

This session introduces the essential building blocks of a financial plan, including budgeting, saving and investing and managing risk. Learn how to create a strong foundation for your financial future and gain the confidence to take meaningful steps toward your goals.

[REGISTER NOW](#)

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## Quick hits: Strategies for Managing a Tax Bill

### Several dates and times available

If you owe money after filing your taxes, planning ahead can make repayment easier. This session will provide practical strategies for managing tax payments, balancing financial priorities and preparing for the year ahead.

[REGISTER NOW](#)

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## Quick hits: Optimize the Value of Your Refund

### Several dates and times available

A tax refund can be an opportunity to move your financial goals forward. This session will share strategies for putting your refund to work — whether that means paying down debt, building savings or investing for the future.

[REGISTER NOW](#)

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## Timeline to Retirement

### Several dates and times available

Did you know there are seven retirement milestones between the ages of 55 and 73? Hear more about these key decision points and how they can affect your retirement.

[REGISTER NOW](#)

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## Featured wellbeing resources

Goldman  
Sachs

Ayco Personal  
Financial  
Management

### Ayco article: Strategies to Pay Down Debt

Take a moment today to double check your beneficiary information using the links below:

- [Life insurance](#)
- [401\(k\): Plan number 090081](#)
- [HSA](#)
- [Critical illness](#)

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



### Foodsmart recipe: Parmesan roasted broccoli

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 course: Working with Mental Health in Mind

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](https://stryker.lyrahealth.com) or by calling your [country-specific phone number](#).

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## ◆ Wellbeats

Wellness

### Wellbeats program: Foam rolling recovery

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.

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### RethinkCare course: Improve Your Day

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.

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## 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](#).

