

Wellbeing monthly

January 2025

On deck **this month**

January at a glance

✓ **Double points** month
Set your interests

✓ **Check out:**
PerkSpot
Employee discounts
totalrewards.stryker.com

✓ **Explore January's**
featured
resources

[Read more](#)

Upcoming **wellbeing webinars**

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



Ayco:

Take control: Budgeting, credit and debt

Several times available

From making major purchases, like a new home, to paying down

debt, budgeting can be key to achieving your financial goals. Understand how you can use the tools and resources available to you to manage your cash flow and plot a course for long-term success.

- [Register now](#)



Ayco:

Demystify tax planning
Several times available

Planning for taxes throughout the year can help minimize the stress many feel as they get ready to file. Join this session to learn what goes into calculating taxes and for tips on how to help lower your taxable income and help maximize your deductions.

- [Register now](#)



Ayco:

Quick Hits: Emergency fund
Several times available

Life is full of curveballs, making it critical to prepare for the unexpected. That's why establishing an emergency fund is key to staying financially well. Learn how to free up cash flow and explore tools and resources to help build your emergency fund.

- [Register now](#)



Ayco:

Quick Hits: All about IRAs
Several times available

When it comes to retirement savings, knowing your options and taking a well-rounded approach can help you reach your goals. Join this webinar to learn more about Individual Retirement Accounts (IRAs) and how they can fit into your plan.

- [Register now](#)



RethinkCare:

Navigating Workplace Interactions
January 23 at 12 pm Eastern

Improve your workplace communication and social skills. This webinar provides practical tips and strategies to navigate social expectations in professional settings. Learn to communicate effectively, enhance comprehension and build strong interpersonal relationships for greater success at work.

- [Register now](#)

Vanguard:



Financial Freedom: Strategies for Reducing Debt and Saving More
Several dates and times available

Do you find it hard to fit saving for retirement into your budget? This webinar provides rules of thumb to help you save more and tips for doing it within your current financial situation. Budgeting current expenses, saving for emergencies, reducing debt and building long-term wealth will be some of the strategies discussed.

- [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:

[Diet myths and facts](#)



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 the Programs page.



Lyra:

[How to Set Limits with Yourself](#)

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. Lyra is always available, you can reach them online by registering at stryker.lyrahealth.com or by [calling your country-specific phone number](#).

Wellbeats program:



[Beginner Yoga](#)

Our physical wellbeing partner, Wellbeats, offers over 700 workouts on-demand including running, HIIT, recovery and family-friendly sessions. Find Wellbeats in [Strive](#) on the Programs page.

RethinkCare course:



[Stress and Mental Wellbeing](#)

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.

