


Take care
of you.



Total **rewards**

It's time to **take** **care of you**

A man with a beard and a backpack is sitting on a rock, holding a water bottle. He is smiling and looking towards the right. The background is a solid yellow color.

This year, make your health and wellbeing a priority. Your benefits are here to support every aspect of your physical, mental and financial wellbeing.

Let's start with the basics. Regular checkups, immunizations and screenings are essential to maintaining your health. If you put

off your regular preventive screenings during the pandemic, it's time to get back on track. Remember, your preventive care is covered at 100% when you see an in-network provider.

Wellbeing goes beyond your medical coverage, though. That's why we offer

Strive, our wellbeing program, and **LifeWorks**, our Employee Assistance Program (EAP). Keep reading to learn more about these programs.

Strive for wellbeing

Create healthy habits; find inspiration for your wellbeing journey; and earn incentives while you're at it. Strive gives you the tools and support you need to take care of yourself.

Our wellbeing program lets you choose what you want to focus on, create healthy habits, track your progress and earn rewards. You and your spouse or domestic partner can participate and earn incentives, even if you don't have Stryker medical coverage.

The program also offers specialized support through our featured partners:



Whil helps you train your brain to relax and stress less. You can sleep better, become more productive and support your overall wellbeing with Whil.



Ayco helps you manage your finances. Start with their online tools; or, get started with free financial coaching tailored to your specific needs and concerns.



Foodsmart offers tools that help you stay on track with healthy eating and meal planning.



Wellbeats brings you on-demand fitness. There's something for everyone, with 600+ classes, goal-based challenges and family-oriented workouts.

Find everything you need to take care of yourself at strive.stryker.com.

When was your **last checkup?**

If you haven't gotten around to scheduling your annual preventive care, you're not the only one. Take a minute today to get back on track.

Schedule your (and your family's) well visit(s) and preventive screenings. Your preventive care includes annual physicals, certain immunizations (such as COVID and flu shots), diabetes and cholesterol checks, certain cancer screenings and more. For more information on covered preventive services, see your Summary Plan Description (SPD) at totalrewards.stryker.com/spd.



**Your
preventive
care is
covered at**

100%

when you use in-network providers. You can find a network provider by visiting your carrier's website or calling the phone number on your ID card.

How are you feeling?

Our mental and physical health are closely intertwined. We take vitamins, exercise, eat well and get annual screenings to care for our lifelong physical health. But what about caring for our mental health?

That's where our LifeWorks Employee Assistance Program (EAP) comes in. It connects you and your family to mental health support anytime, anywhere. It's completely confidential and free for you or your household family members, even if you opted out of Stryker's other benefits.

Our EAP also includes up to five free counseling sessions. Find support coping with and resolving issues large and small, including:

- Stress
- Anxiety
- Grief
- Marital or family conflicts
- Financial problems
- Alcohol/drug use disorder

The LifeWorks web site has a wealth of practical advice and reliable information on a variety of topics. See everything that's available at stryker.lifeworks.com (username: stryker; password: 4260) or, call 866 785 4572.



Help from your medical plan

UnitedHealthcare offers confidential and secure online therapy through Talkspace. You can connect with a licensed therapist through text, voice or video messages. Our other carriers (Kaiser, BCBSAL, HMSA and Cigna) also offer virtual care. Contact your carrier using the number on your ID card to explore your options.



For ongoing care

Our medical plans cover inpatient and outpatient mental health treatment, medication management, care for substance use disorders and other behavioral health services. To learn more, visit totalrewards.stryker.com.



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Testing for COVID-19 at home

Free at-home COVID-19 test kits are available from the U.S. Department of Health and Human Services. Visit covidtests.gov to order kits and find testing sites, as well as find clear guidance about your test results.

Effective January 15, 2022, Stryker's medical plans cover certain over-the-counter (OTC) at-home test kits. Contact your medical insurance carrier for specific instructions and coverage details.

Other Stryker benefits can help you cope with the ongoing mental strain of living during a pandemic. Find the latest information about your COVID-19 resources and mental health resources in the rotating banner on the home page of totalrewards.stryker.com.

**Look for your
company
contribution**



Stryker made our 2021 annual company contributions to eligible 401(k) Plan accounts on March 15, 2022.

Look for the company contribution in your account balance at vanguard.com/retirementplans (plan number 090081).

Need more information?

Visit totalrewards.stryker.com or contact your myHR team at 877 795 2002 or myhr.stryker.com.



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