

# Make time for your wellbeing



# Total **rewards**

# Make time for **your wellbeing**



## **Protecting and supporting your wellbeing now is the best gift you can give your future self.**

Stryker's comprehensive benefits give you the tools you need to support your overall wellbeing. Inside this newsletter, you'll find:

- Ideas to fuel your physical activity
- Resources that provide extra support for difficult health challenges
  - Self-care tips to nurture your emotional wellbeing
  - Ways to boost your financial wellbeing



# Move into physical wellbeing

Exercising every day supports your physical wellness and boosts your mood. Here are a few fun ways to get your body in motion every day.



## 1. Stretch often

Everybody can find five minutes to stretch. Tension builds up as we work, and a gentle stretch session can revive your body and mind. Remember to breathe! Slow, deep breaths send oxygen throughout your body and help calm your mind.



## 2. Kick-start your fitness routine with Strive

The Strive program offers several ways to get you moving. Stay motivated by tracking your daily habits. You can also participate in a Getting Active Journey for practical steps to help you get fit as a family, get strong at home or ramp up your workout. Learn more at [strive.stryker.com](https://strive.stryker.com).



## 3. Take better breaks with Wellbeats

Wellbeats lets you stream more than 600 workouts, including quick workouts to help you get active during your breaks. You can also find virtual classes for every interest and ability level, including yoga, strength training, walking and running. Access Wellbeats through the Programs page on Strive.

When you participate in Strive and Wellbeats, you'll earn points toward great incentives. Sign in at [strive.stryker.com](https://strive.stryker.com) and get started today.

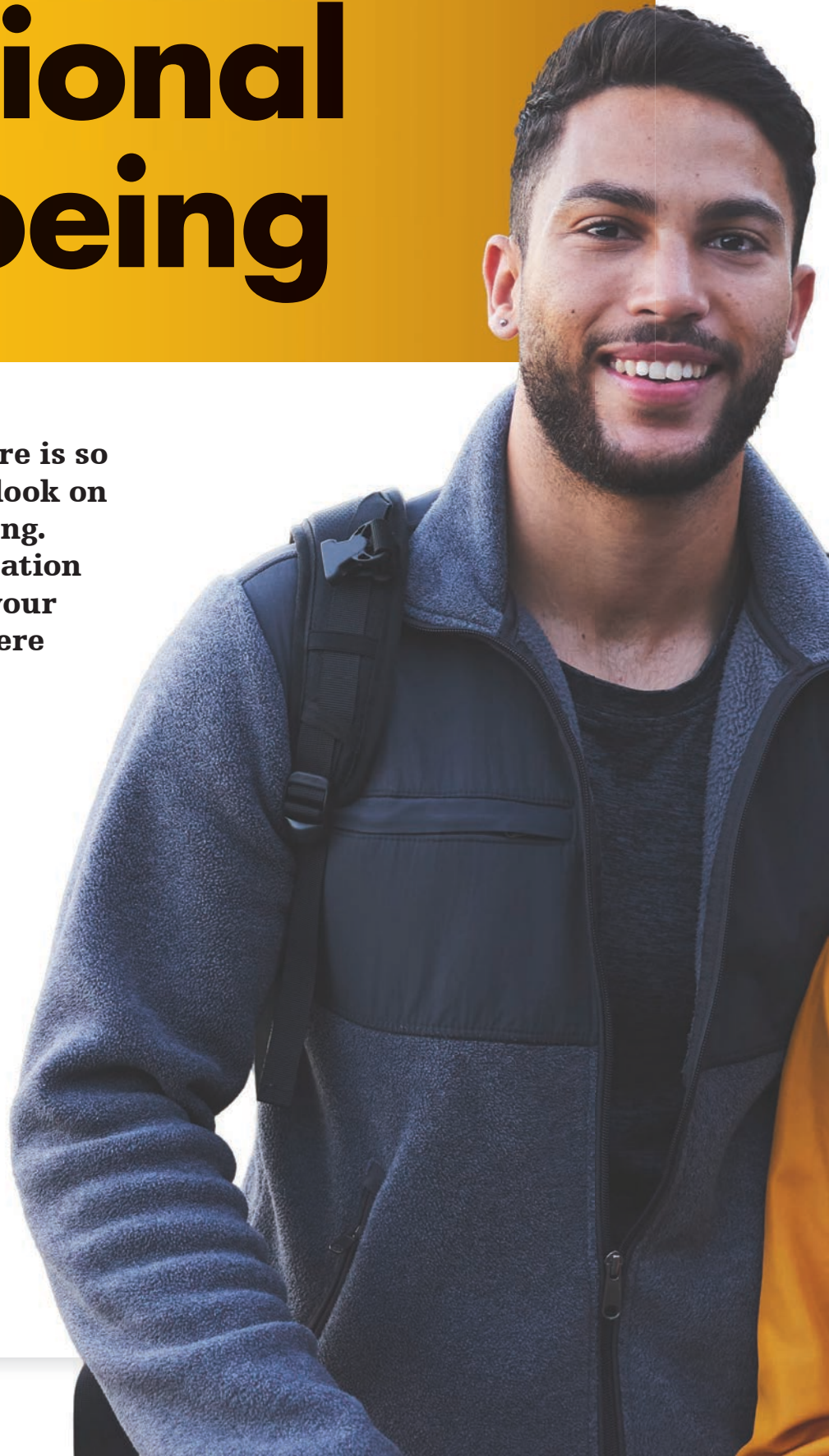


# Nurture your **emotional wellbeing**

Daily emotional self-care is so important for your outlook on life and overall wellbeing. If you need some inspiration about how to nurture your emotional wellbeing, here are a few ideas:

## **Spend time outside**

Enjoy the fresh air and sunshine when you step outside to reconnect with yourself. A quick walk can help clear your head and put things in perspective.





## Unplug

Screens dominate our lives now, but your devices can distract and distance you from your feelings. Find time every day to put aside your devices and check on your emotional health.

## Talk about it

Our close relationships bring us solace, joy, celebration and so much more. Make time to check in with your favorite people regularly.

## Learn new skills

Whil, our mindfulness partner, helps you learn life and coping skills to nurture your emotional wellbeing. Find programs like Mindful Minute, Calm the Mind and more through Whil. Get connected with Whil through the Programs page on Strive at [strive.stryker.com](https://strive.stryker.com).

If you need more emotional health support, remember our LifeWorks Employee Assistance Program (EAP) is free and confidential. Access hundreds of resources on topics like self-care, anxiety, depression and stress management by visiting LifeWorks at [stryker.lifeworks.com](https://stryker.lifeworks.com) (username: stryker; password: 4260) or calling 866 785 4572. The EAP also includes five free counseling sessions for you and your household family members.



# Boost your financial wellbeing

Remember that your financial wellbeing also needs care and attention.



**Don't leave money on the table—maximize your 401(k) match.** We match 50 cents of each dollar you save, up to 8% of your eligible pay. Set your contribution to 8% to get your full matching contribution.



**Take your Health Savings Account (HSA) to the next level.** HSAs can help you prepare for your healthcare costs in retirement. Make the most of this opportunity to boost your finances.

- Get the best tax advantage by contributing the maximum.
  - In 2022, you can contribute up to \$3,650 for individual coverage, or \$7,300 if you cover your family.
  - If you are 55 or older, you can contribute an additional \$1,000.
- Keep in mind that you can change your HSA contribution amount at any time throughout the year as long as you are enrolled in a qualifying health plan. Visit [enroll.stryker.com](https://enroll.stryker.com) and click on Health Savings Account Changes to adjust your contribution.
- You can invest\* a portion of your HSA balance once your balance reaches \$2,100. Log on to [optumbank.com](https://optumbank.com) to learn more.
- Don't currently have an HSA? Consider an HSA-eligible medical plan this fall during Annual Enrollment.

Use the Optum Bank Health Savings Checkup tool to estimate your healthcare costs in retirement. You might be surprised to discover how much you'll need. You can find the tool at [optumbank.com](https://optumbank.com) under Resources.



**Match your savings with your changing needs.** You can adjust your 401(k) or HSA contributions at any time throughout the year. Revisit your contribution rates regularly to align them with your income and budget.



**Remember the taxes.** For your 401(k), you can make pre-tax contributions, Roth after-tax contributions or a combination of both. It depends on when you prefer to pay taxes on your savings. Keep in mind that your HSA contributions are tax-free.\*\* You might also consider Flexible Spending Accounts. Take some time to research the differences and consult with a tax advisor for guidance about your specific tax situation.



**Work with Ayco, our financial wellbeing partner,** to help achieve your financial goals. Speak with a financial coach about paying down debt, creating a college fund, investing and more at no cost to you. Connect to Ayco through the Programs page of Strive at [strive.stryker.com](https://strive.stryker.com).

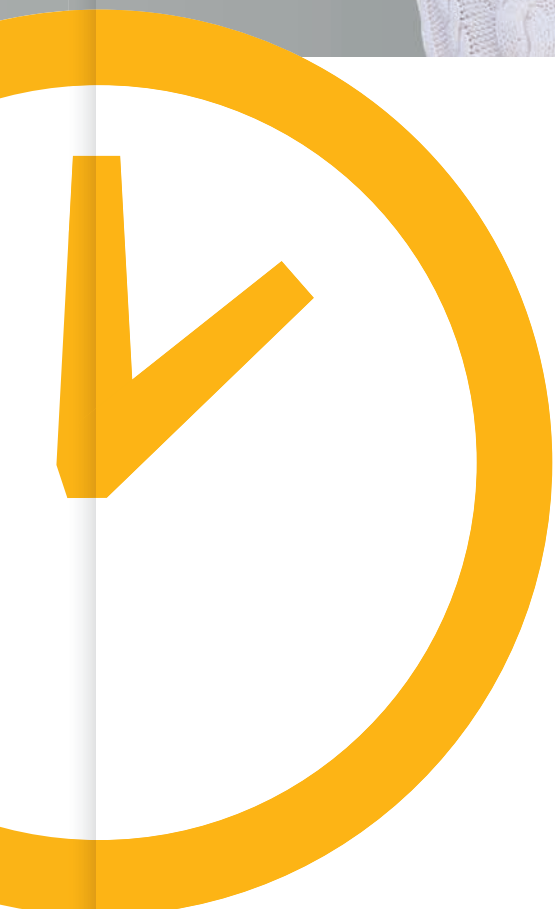


**Explore your employee discounts.** You can save both time and money on special items and everyday goods and services. The PerkSpot program offers discounts on cell phones, cars, office supplies and much more. To learn more, visit the Employee Discounts page on [totalrewards.stryker.com](https://totalrewards.stryker.com).

\*Investments are not FDIC insured, are not guaranteed by Optum Bank®, and may lose value.

\*\*Eligible HSA contributions are not taxed by most states, but they are taxed in California and New Jersey.

Please consult your tax advisor or state department of revenue for more information.



# Take five minutes today to **take care of your loved ones**

Spend a few minutes today checking your beneficiaries and making updates if needed. The time you spend now will help ease the administrative process for your beneficiaries if something were to happen to you.

## **Life insurance**

[enroll.stryker.com](https://enroll.stryker.com)

Look for the quick links on the home page. Then, click on Beneficiaries and follow the prompts. Remember to click Done when you are finished.

## **401(k)**

[vanguard.com/retirementplans](https://vanguard.com/retirementplans)

(plan number 090081)

## **HSA**

[optumbank.com](https://optumbank.com)

After you sign in, select “Manage Beneficiaries” from the “I want to...” section.



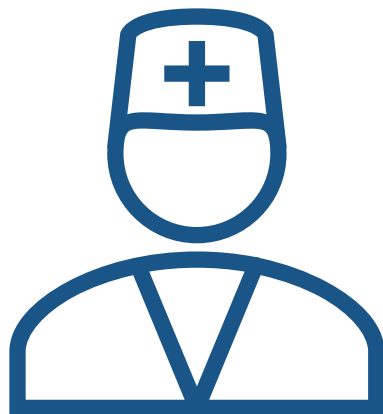
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**Make time**  
for your  
wellbeing



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## Find help when you're facing difficult health challenges

Our benefits offer specialty support programs to help you through life's most difficult health challenges. You can find assistance with diabetes, cancer, fertility, mental health resources and much more.

Learn more by visiting the new Programs and Resources page on [totalrewards.stryker.com](https://totalrewards.stryker.com) in the Health section.

## Need more information?

Visit [totalrewards.stryker.com](https://totalrewards.stryker.com) or contact your myHR team at 877 795 2002 or [myhr.stryker.com](https://myhr.stryker.com).



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