






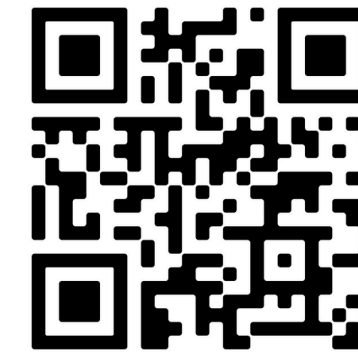


Eligibility Key

-  FULL-TIME EMPLOYEES
-  PART-TIME EMPLOYEES
-  DEPENDENTS UP TO 26 YEARS OLD
-  COX MEDICAL PLAN MEMBERS, AETNA
-  HOUSEHOLD MEMBERS
- SP+** PROGRAM AVAILABLE IN SPANISH OR OTHER LANGUAGE

COX WELLNESS BENEFITS

A 5-pillar program designed to empower our people today to build their brighter future for tomorrow.




























[Benefits Website](#)
Scan QR Code

Quick Links



















- [Wellness on Inside Cox](#)
- [Wellness on Cox Impact](#)
- Contact Info: Wellness@coxinc.com

PHYSICAL




























- [AETNA MEDICAL PLAN](#)    **SP+**
 - Aetna Care Advocate, Coaching, & Decision Support
 - [CVS Caremark](#)
 - [Free Preventive Screenings](#)
 - Know Your Numbers
 - Colorectal Cancer
 - Nutrition Counseling (if prescribed)
- [COX FITNESS CENTERS](#)  
- [FITNESSONDEMAND](#) FREE VIRTUAL FITNESS CLASSES   **SP+**

- [FLU VACCINATIONS & COVID-19 RESOURCES](#)
- [GENNEV MENOPAUSAL SOLUTIONS](#)  
- [HINGE HEALTH VIRTUAL PHYSICAL THERAPY](#)    **SP+**
- [MILK STORK BREAST MILK DELIVERY](#)  
- [OSHI DIGESTIVE HEALTH \(1/1/25\)](#)  
- [PROGYNY FERTILITY BENEFITS](#)  
- [TELADOC: VIRTUAL GENERAL MEDICINE, MENTAL HEALTH, DERMATOLOGY, CHRONIC CONDITION MANAGEMENT \(FORMERLY LIVONGO\)](#)   
- [TOBACCO CESSATION](#)    

MENTAL/EMOTIONAL

- [AETNA MEDICAL PLAN](#)   
- [Adult Behavioral Health](#)
- [CALM MEDITATION APP](#)     **SP+**
 - Meditations, Sleep Stories, Mindfulness
- [MENTAL HEALTH FIRST AID KIT](#)  
- [RESOURCES FOR LIVING](#) (ACCESS CODE: COX)     **SP+**
 - [Mind Companion](#) Self-Guided Digital Mental Well-Being Program
 - [Talk Saves Lives Training](#)
 - [Work/Life Balance](#)
- [TELADOC: Free Virtual Mental Health Services](#)   
- [Employee Wellness Forums](#) 2x a month  

FINANCIAL

- [CANDIDLY STUDENT DEBT SOLUTIONS](#)  
- [CARE.COM FOR BACK-UP CHILD, SENIOR, & PET CARE](#)  
- [FINANCIAL WELLNESS - COXTOTALCOMP](#)  
- [ADDED BENEFITS](#) 
- [HOME/AUTO/PET INSURANCE AND IDENTITY THEFT](#)
- [ADOPTION ASSISTANCE](#) 
- [EMPLOYEE DISCOUNTS](#)  
- [RFL FINANCIAL COUNSELING](#)    
- [RETIREMENT ACCOUNTS \(401K\)](#)  
- [PRE-TAX ACCOUNTS](#) 
- [LEGAL ASSISTANCE](#)    
- [MY MONEY 101 BY TRUIST MOMENTUM](#)    
- [TUITION ASSISTANCE](#)  

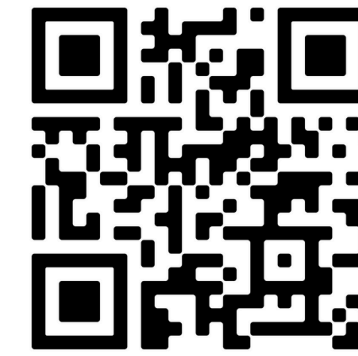


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- [EMPLOYEE RESOURCE GROUPS](#)
- DiverseABILITY
- Empow[HER]
- ¡Hola!
- Lotus
- Momentum
- MOSAIC
- Pride
- SALUTE
- Soul
- [RANDOMCOFFEE](#)
- [OUR PLANET - COX CONSERVES](#)

- [COX EMPLOYEE RELIEF FUND \(CERF\)](#)
- [FIND YOUR PURPOSE BY VOLUNTEERING](#)
- [FLEXIBLE PAID TIME OFF](#)
- PERSONAL & PROFESSIONAL DEVELOPMENT VIA [LEARN@COX](#)
- [PAUSE FOR PURPOSE 2.0](#)

WHERE TO FIND MORE INFORMATION



- ENTERPRISE-WIDE INTRANET
- GENERAL OVERVIEWS OF BENEFITS & PROGRAMS
- LONG-TERM CONTENT



- [VOLUNTEER OPPORTUNITIES & MISSIONS](#)
- [COX IMPACT GROUPS](#)
- SHORT-TERM INITIATIVES



- [BENEFITS WEBSITE](#)
- [VIRTUAL FAIR BENEFITS OVERVIEW](#)

WELLNESS WARRIORS

JOIN THE WELLNESS NETWORK TO BECOME A WELLNESS ADVOCATE AT COX. [FILL THIS FORM OUT TO JOIN!](#)

LAST UPDATED: OCTOBER 2024



CONTACT: WELLNESS@COXINC.COM