

## Well-Being Program ... SETTING YOU UP FOR SUCCESS

Greensfelder strives to increase the overall well-being of all employees through a variety of wellness opportunities. We offer resources for improving physical, financial, emotional and social health, while also adding a little fun and togetherness.

Employees are encouraged to take part in all the activities, seminars and challenges the firm offers. The addition of the current Well-Being Program led to Greensfelder's inclusion on the St. Louis Business Journal's highly selective Healthiest Employers list.



### PHYSICAL

- Instructor-led mind and body fitness classes are offered in all of our offices throughout the year.
- Onsite, annual biometric health screenings are provided in the St. Louis office, or you can receive a voucher for a wellness screening appointment at any LabCorp location.
- Reimbursement available for registration fees and matching funds for charity walks, runs and cycling events.

### EMOTIONAL

- Greensfelder partners with PAS, an employee assistance program resource that provides you and your dependents with a wide array of counseling and life coaching services.
- Missouri Lawyers' Assistance Program and Illinois Lawyers' Assistance Program offer free, confidential counseling and educational services to help lawyers with issues such as substance abuse, depression, stress and burnout.
- Mental Health CLEs are offered throughout the year, focusing on anxiety, substance abuse, building relationships, and more.
- The firm partners with Homethrive, a family elder care coordinator, to offer a fully covered family caregiver service benefit.

### SOCIAL

- Volunteer Day is offered as a designated, paid half day to volunteer time at a non-profit.
- Well-Being Accountability Group helps you stay on track with your wellness goals.
- Individual and team challenges are offered throughout the year to create healthy competition and encourage positive lifestyle behaviors.
- The firm's Secret Pal Program is a great way to get to know your coworkers, secretly exchange gifts and have a little fun throughout the year.

### FINANCIAL

- Wellness reimbursement program offered for items purchased related to weight management, exercise and overall physical fitness.
- Partnerships with local gyms to provide you with membership discounts.
- Eye exam reimbursements.