

Total Rewards – Benefits October 2020

### **Empowering Your Self-Care**

Through our well-being and self-care resource

Continuing a culture of caring, where we convey and promote Perrigo's global self-care strategy into empowerment for our associates and their families' well-being



- Physical to encourage preventive self-care through movement, nutrition, and sleep
- **Emotional** to manage stress, expand our resilience, and practice mindfulness
- Financial to feel comfortable in managing our short- and long-term finances
- Work-Life to find balance and integration between career and personal goals
- **Community** to actively support others and our environment
- Educational focus on continuous improvement and supporting our learning organization



#### 2021 Open Enrollment Approach

New approach due to COVID-19, with kits arriving the week of October 5

- For your health and safety, Open Enrollment information will be provided in a new way this year
- Communicating the value of your well-being programs and updates for 2021 are still very important

#### We are presenting a new approach this year

For self-guided access to 2021 updates



**Engaging videos to learn more** 

#### For quick access & detail to 2021 updates



**Navigation Guide** 

**Total Rewards Guide** 

We're also presenting the Guides via eBooks if you are salaried. Printed kits will still be provided to you at Open Enrollment meetings if you are hourly / onsite



## What should I expect with the new Perrigo programs?

Perrigo has over 30 programs to support you and your family's self-care and well-being journeys

We encourage you to learn about all of our new programs this year through the Guides or Guided e-Journey!

You and your family have three (3) medical plan options, including our CDH plan with up to \$1,250 HSA funds



Are you or a family member taking a Specialty RX? Use the journey to learn more about Prudent Rx and possible 100% coverage



Diagnosed with diabetes and/or hypertension?
Livongo supports you with no-charge coaching and supplies





You will need to actively elect your 2021 benefits through the Perrigo Benefits Center in order to carry coverage into next year

#### What's Next?

Open Enrollment: Monday, October 19 (9:00am ET), through Friday, October 30 (11:59pm ET)

## HEALTHYyou 2021 Rewards

- 1 winner
- 500 or 250 points
- Applies to 2021
   HEALTHYyou rewards
   points (for 2022 discounts)
- Random drawing by November 6

# Win a \$100 Gift Card

- 1 winner
- Complete Open Enrollment
- Random drawing by November 6

#### **Ask-an-Analyst**

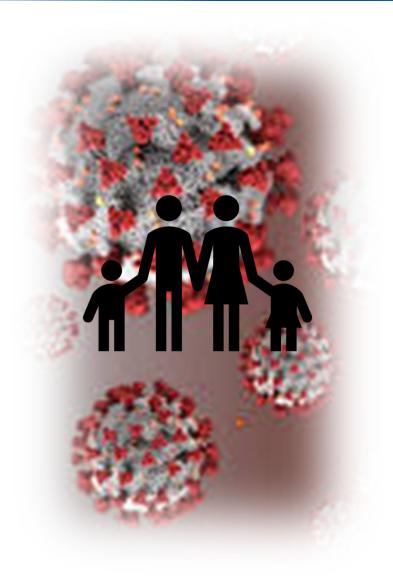
- We are here to support you
- Sign-up for virtual sessions via the Perrigo Benefits Center (PBC)
- Starting Monday, 10/12
- Sign-up sheet (15m) shared via newsletters and email



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#### **COVID-19 Impact**

Today, COVID-19 impacts our whole-person well-being



## Access self-care and emotional well-being resources through your Employee Assistance Program at <a href="https://www.magellanascend.com">www.magellanascend.com</a>

Access COVID-19 Specific Well-Being resource at no charge at <a href="www.optumeap.com">www.optumeap.com</a>

#### Health and Wellbeing



Ways to Support the Mental Health and Wellness of Students

It's no secret that this year will be especially challenging for students returning to school

Read PDF



Preparing to Navigate a Unique Year

The global COVID-19 pandemic has ushered in a school year unlike any other ...

Read PDF



Back to School During COVID-19: Resources for Learning, Health and Well Being

With COVID-19 reshaping the world, this school year will be unlike any other ...

Read PDF





## Next – Navigate to a Journey that's Right for You

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#### For Quick Access to 2021 Updates:

- Review the <u>Navigation Guide</u> (2021 update overview)
- Total Rewards Guide (2021 detailed summary of all benefits)



**Total Rewards Guide** 

#### Or, for a **Guided Journey** of 2021 Updates:

- Storytelling via videos (music or spoken word available)
- Includes an intuitive Medical Plan Decision Tool
- And guides to successfully navigate the Perrigo Benefits Center

Access the Guides and/or the Guided Journey on < insert Ranir HR site here >

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PBC

Start your Open Enrollment Journey, starting Monday, October 19 Perrigo Benefits Center (PBC)

https://benefitscenter.perrigo.com

Site: Available 24 / 7 (standard downtime Sunday 3am – 12pm)

800.974.5176 (Monday – Friday, 8a – 7p ET)





### **Questions?**

**Perrigo Benefits Center (PBC)** 

https://benefitscenter.perrigo.com

Site: Available 24 / 7 (standard downtime Sunday 3am – 12pm), starting Monday, 10/19

800.974.5176 (Monday – Friday, 8a – 7p ET)

Ask-an-Analyst sessions will be held (hosted by Perrigo), starting Monday 10/12



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