

SOAK UP THE SUMMER VIBES

Sunshine is on its way and we've got the key to healthy summer habits.

Finding ways to stay healthy while enjoying the sunshine is easy once you know the basics. Before you head outside, make sure you (and your loved ones) are protected.



Sunscreen, Sunscreen, Sunscreen

The best way to ruin a good time is to forget to use sunscreen. Be sure to protect your skin from dangerous sun rays and painful sunburns. Use broad spectrum sunscreens with an SPF value of 15 or higher and reapply regularly throughout your time in the sun.

Stay Hydrated

Keep a water bottle with you on summer adventures. Hydrating throughout the day will help keep you energized and replenish the water your body loses from sweat and evaporation.

Grab Your Shades

Did you know your eyes can get sunburned? Eyewear labeled "100% UV protection" protects best against the sun's harsh UV rays and can block more than 99% of UVA and UVB radiation.

Cover Up

Wearing clothing or hats that cover your head, face, back, shoulders, and arms is the best way to protect your skin—and they come in plenty of great styles, so you don't have to give up your summertime flair.

Practice Water Safety

While on or in the water—swimming, boating, tubing, surfing—make sure to practice water safety. Wear a life vest if you're not a strong swimmer and be sure to stay in sight of a lifeguard or have the coast patrol's number handy in case of an emergency.

Take Breaks

Bring an umbrella or canopy to the beach to enjoy some shade and give your eyes and skin a break from the sunshine. Not to mention, this provides a perfect opportunity to reapply sunscreen!

Keep Your Skin in the Game

Keep your skin in tip top shape. Schedule an appointment with your doctor for a skin cancer screening before you head to the beach. Be proactive and enjoy a healthy summer ahead!



401(k) Plan Changes

Genesys is committed to periodically reviewing the 401(k) Retirement Savings Plan to make sure it continues to help our employees meet your retirement and financial goals. Among the things considered are the range of investment options available through the Plan, investment option performance and value, and whether the Plan gives you access to services that complement your account.

As a result of a recent review, Genesys is making the following **changes to the Plan's investment lineup**.

In addition, the T. Rowe Price Retirement Class F will become the Plan's designated **default investment option** in the event an employee does not make an investment election.

If you have questions, please reach out to Fidelity at **1-800-535-5097**.



Did You Know?

Less than 45% of American adults feel confident in their financial decisions because they lack financial knowledge.

Fidelity Financial Workshops

April marked financial literacy month, but that doesn't mean you have to stop learning on April 30th. Your financial wellness is yours for the taking, and Fidelity offers workshops to help you every step of the way. Whether you're a beginner or a pro, there are a multitude of topics to give you a boost in setting yourself up for financial success. You have free, unlimited access to these webinars and can sign up for any number of them.

Keep an eye out for the workshop calendar by email or visit **Fidelity** to see what's coming up. These workshops are hosted Monday through Friday, so you can find one that best fits your schedule.

BrightPlan Financial Planning

Genesys offers BrightPlan to help with financial planning. Sign up for their newsletters to get the most out of this benefit, learn about their financial workshops, and let you take leaps forward in learning how to plan for your financial future.

Want to sign up for BrightPlan's great benefits? **Get started today!**

Shine a Spotlight on Mental Health

May is Mental Health Awareness Month, and we'd like to take a moment to point out the support your Genesys benefits offer that can help reduce stress, improve mental wellbeing, and build resilience. Your mental health is directly connected to your physical health, so there's even more reason to stay emotionally and mentally healthy.

We have two main mental health benefit options, both of which are at no cost to you:

Lyra Mental Health Care

Take charge of the how, when, and where of your mental health by utilizing your Lyra Health benefit. Lyra includes 12 free sessions each year with a mental health coach or therapist. These sessions help you build healthy mental habits and overcome life's struggles. Visit **Lyra Health** or call **1-877-335-0372** to get started or learn about **upcoming events**.

Behavioral Health Care

You can get the help you need with inpatient and outpatient benefits through your UMR or Kaiser medical coverage. Your primary care physician can connect you to these services.



Tips to Stay Healthy While Traveling

With summer vacations approaching, it's the perfect time to look at your itinerary and find areas that can be made healthier. Here are just a few tips you can use to stay healthy while you're enjoying your vacation:

1	Pack nutritious snacks. You can make your own trail mix, pack resealable bags of fresh popcorn, or bring along some dried fruit or nuts. Your health is in your hands!
2	Stay active during layovers. If you have waiting periods while traveling, take a walk or do some stretches to keep your blood flowing and muscles loose.
3	Visit a farmer's market for fresh produce. Do some research to see if you'll have access to a farmer's market during your time off and enjoy local specialties in the process!
4	Try new healthy recipes. Need an idea for what to make? Our newsletters always include a fresh new recipe to try.
5	Plan for a day off. Sometimes less is more. Consider adding an extra day to your vacation itinerary dedicated to pure relaxation. Use this time to unwind, savor a leisurely lunch, or simply soak in the ambiance around you.
6	Make sure you get your 8 hours of sleep. Keeping your sleep schedule in order while traveling has serious benefits. You'll recover from jet lag faster, bounce back into the swing of things once you return, and—most importantly—have energy to enjoy your vacation.
7	Connect with friends. Mental wellbeing matters too! Meet up with friends for fun and laughter to boost your mental state.



Top Three Reasons to Use Your Open Time Off (OTO)

It may come as a surprise, but many people don't use much OTO each year. Here are three reasons why you should take that OTO:

1. **Time off helps decrease stress.** Take advantage of time off for some R&R to help you boost your immune system and release chronic stress.
2. **Taking a break from work can improve your health and resilience.** Studies show that taking time off helps combat exhaustion. Over time, this builds better health and well-being. By not taking time off, people experience increased exhaustion and are less resilient in stressful work conditions.
3. **You'll be more productive when you come back.** Time off makes it easier for you to prioritize time management and organization, which helps you get more done faster!



GOOD FOOD THAT'S GOOD FOR YOU



Lemony Kale Slaw

Prep Time: 15 minutes | Servings: 4-6

This simple kale slaw makes for a great pairing with BBQ and other summertime dishes! Plus, it's an easy way to get in your daily greens. Topped with a garlic-lemon dressing, you'll be sure to enjoy this fresh and healthy dish.

Ingredients

- 1 bunch kale
- 1/2 small head purple cabbage, shredded or thinly sliced
- 1/4 of red onion, very finely sliced, soaked in water for 15 minutes and drained
- 1/4 cup tender herbs of your choosing (cilantro, basil, parsley, chives)
- 1/4 cup olive oil
- 1/4-1/2 teaspoon salt
- Lemon juice (1-2 small lemons)
- 1-2 garlic cloves, finely minced or pressed
- Pepper and chili flakes, to taste
- 1/4 cup fresh herbs, toasted sunflower or pumpkin seeds, or cheese

Directions

1. Remove (cut) thicker stems from the kale, then stack the leaves. Slice them thinly into ribbons and place in a large bowl. Slice the cabbage thinly and add to the bowl. Add the red onion slices to the bowl.
2. Add the olive oil, salt, and minced garlic cloves, give a good toss (or massage with your fingers). Add lemon juice to taste. You want the salad to be tangy and flavorful!
3. Season with pepper and chili flakes to taste. Add fresh herbs, toasted seeds, cheese, or other tasty toppings.
4. Serve or store slaw in a sealed container in the fridge for up to 4 days.

Recipe from: feastingathome.com

Questions? We're Here for You

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