

The Wellness Wheel

Social Wellbeing Starts With Staying Connected

As we spin into the fourth quarter, we're focusing on **Social Wellbeing** and the connections that help us thrive. Building strong relationships at work, at home, and in our communities can provide support during life's challenges and help us feel more engaged and connected.

Strengthen Your Social Wellbeing

Here are some simple ways to invest in your wellbeing:

- **Reach out** to a friend you haven't connected with recently and practice active listening for meaningful conversation.
- **Schedule regular check-ins** with loved ones.
- **Join a community group, volunteer** activity, or social event.
- **Ask for support** when you need it and offer help to others when you can.

Resources Available

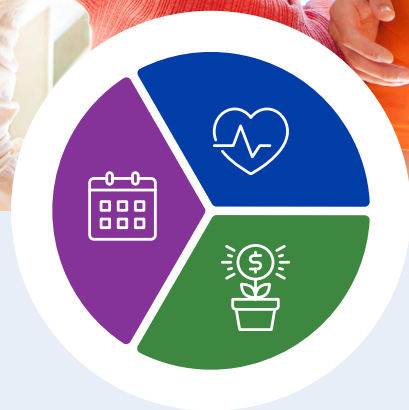
Remember, Taylor offers [wellness solutions](#) that can guide you through life's journey and help you stay connected.

Our **Employee Assistance Plan (EAP)** provides support for emotional wellbeing, and legal/financial issues. Visit [GuidanceResources.com](#) (Org Web ID: **LFGSupport**) or call 888.628.4824.

The nurses at Lockton can help you navigate health concerns, understand your benefits, and connect you with resources. Email taylorlna@lockton.com or call 833.782.7403.

Vida offers personalized coaching and programs for mental health and other conditions. Taylor medical plan members, go to vida.com/taylor.

Learn more about these and other [wellness programs](#) that are ready when you need them. Then, take one small step this week to strengthen a connection or lend your support to someone else.



Stay Powered Up

Program resources are available 24/7 on [Your Benefits Hub](#) at employees.taylor.com.

Coming up October 26

Get ready! **Benefits Open Enrollment** for 2027 runs from Oct. 26 to Nov. 16. Start thinking about your benefit needs for next year and stay tuned for details.



Scan Here

Link to Your Benefits Hub for all your benefit plan details.