

# Commitment to well-being at Northwell Health

▼ Careers Well Cared For

Northwell Health is dedicated to raising health for all, which includes providing our team members with the best opportunities for a healthy lifestyle. Below are valuable resources and wellness programs that help our team members perform at their very best.

## Wellness Workshops



The Northwell Health Employee Wellness team offers 80+ workshops and programs to bring wellness directly to our team members. We have a variety of monthly sessions to assist our Health Raisers with building healthy habits, managing stress, sleeping better, planning self-care and more. Topics range from meditation to budgeting to breastfeeding support to understanding mental health.

These workshops are intended to simplify the health and wellness journey of every team member at Northwell by creating a bridge to enhanced care, improved health and a safer work environment.

## Wellness Apps



Over 50,000 team members are enrolled in Northwell's myWellness app. Each year, teams leverage the app to partake in an annual eight-week wellness walking challenge. What a great way to set your own wellness goals as you engage with co-workers and feel healthier.

In addition to the walking challenge, our app focuses on providing you with insights to live a healthier lifestyle and has the ability to track your goals daily.

## Work/Life Balance



We believe our team of Health Raisers deserve the best quality of living both at work and at home. Northwell offers many benefits to assist you with family planning, from adoption and fertility benefits to housing assistance. Our Northwell team members also receive discounts for gym memberships, childcare programs, pet services, entertainment, travel and more.

Furthermore, Northwell provides access to wellness credit programs geared toward encouraging healthier living, from health risk assessments to tobacco cessation and more.



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