



At Banner, we invest in programs, resources and education to support your total well-being. You're not just our team members—you're our patients too. We care about your quality of life, so your benefits are designed to empower you to make it the fullest, healthiest life possible. Now it's up to you to take action. Here's how to maximize your Banner benefits to truly make a difference in your everyday life.

ARE YOU THE HEALTHIEST YOU CAN BE?

We've given you the resources—here's how you can use them to be your strongest, healthiest self.

1. Participate in the MyWell-Being Program

MyWell-Being is all about building healthier habits for a happier life. When you participate in the program, you'll earn points for small, daily activities like tracking steps and practicing mindfulness, plus larger milestones like an annual wellness exam and health check. Do what's right for you to reach one of four reward levels and earn a discount on your medical premiums (or a cash reward if you're not enrolled in a Banner medical plan), dental and vision plans for employee-only coverage at no cost and chances to win prizes.

Click [here](#) to learn more about the activities and rewards. When you're ready to get started, sign up at join.personifyhealth.com/BannerHealth.

2. Try personal health coaching

Get one-on-one support to accomplish your personal health goals. MyWell-Being health coaches can help you achieve your health and wellness goals by providing evidence-based information, positive encouragement and motivation.

Click [here](#) to learn more or complete our [Health Coaching Registration](#) to sign up for your coaching session.

3. Set your health goals

When you're ready to tackle specific health concerns and start feeling better, we've got your back. If you're enrolled in a Banner medical plan, check out these programs:

- **Hinge Health:** Manage chronic back, neck and joint pain
- **Hello Heart:** Get your blood pressure down
- **Virta:** Put your diabetes and prediabetes in remission or get help with weight management through research-backed treatment
- **AbleTo:** Behavioral care for specific health conditions or life changes

Get started with these programs so you can be your healthiest self. Visit our [Health Management Programs](#) on Banner Connect to learn more.

Don't forget

Your Banner medical plan is one of your biggest assets in living a healthy life. Choose providers in the Banner Health Network and use tools like 98point6 for after-hours care to maximize those benefits and keep your health care costs down. Click [here](#) to learn more.



You take care of others. Let us take care of you.

At Banner, we invest in tools to help you live a happy, healthy life. Our MyWell-Being Program is central to that mission. It's a holistic approach to support your total well-being built on five key pillars: MyHealth, MyGrowth, MyWealth, MyPurpose and MyCommunity. We've continued to enhance the program over the years by adding:

- Healthy Habit Challenges to engage team members in healthy behaviors and build connection with colleagues
- On-site and virtual counseling
- A tiered rewards structure
- Increased financial rewards

But when you have questions or need support, you may just want a familiar face. We've equipped your fellow team members as Well-Being Champions and champions in Mental Health First Aid. Check out the [Meet our MWB Champions Team section on Banner Connect](#) for more information.

ARE YOU GETTING THE SUPPORT YOU NEED?

When you're at work, you make our patients the priority. Now make yourself a priority. If you need help managing life's challenges, big or small, take the first step and reach out to one of these Banner resources.

- **LifeSpeak:** A library of well-being video training sessions, podcasts and tip sheets for expert guidance on whatever you're dealing with (ID: banner).
- **Resources for Living:** Our Employee Assistance Program offering free, confidential counseling, including on-site options at your Banner Health facility and virtual options through the Talkspace app, plus local referrals for everyday issues.
- **Supporting Our Staff (SOS):** Support for team members facing financial hardship in times of crisis.
- **Adoption Assistance:** Reimbursement for adoption-related expenses.
- **BenefitBump:** Tools and resources for team members on their parenthood journey. Preparation, prenatal and postnatal support and tools.
- **Bright Horizons:** Family support programs, such as child care, elder care, pet sitting, educational resources and more.
- **Beneplace:** Exclusive discounts on home and auto insurance, travel and a wide range of products.
- **Experian Financial Tool:** Support with managing expenses and creating a budget, plus active identity monitoring and protection.



Questions?

Want to know more about how you can make the most of your Banner benefits for a fuller, healthier life? Contact your [Benefits Navigator](#).