



- Topics include:**
- Virtual Health Fair
 - TouchCare
 - HR Corner
 - Webinars
 - Learn about HSAs
 - EAP
 - Employee Resource Groups

JOIN OUR ANNUAL VIRTUAL HEALTH FAIR!

Wednesday, November 3rd, 10 AM – 6 PM Eastern Time

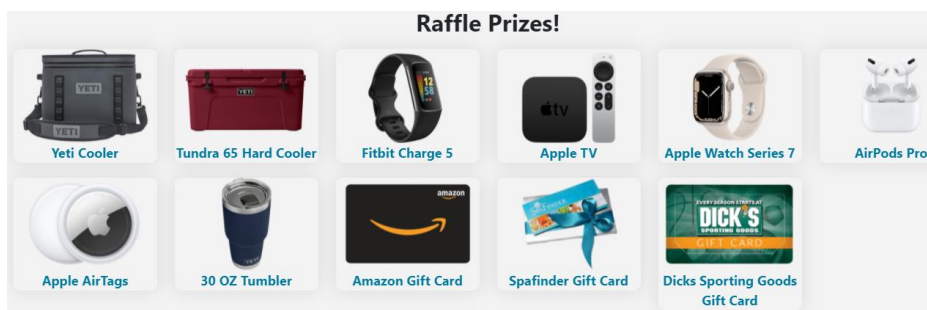
www.virtualhealthfairportal.com/convatec

AGENDA:

- 10 AM – 12 PM ET:** Alliant, Low Impact Cardio Workout, Body Weight Workout, Creating a Vision Board & Achieving Your Goals, Complete Guide to Weight Loss.
- 12 PM – 2 PM ET:** Time Management, Protecting Your Mental Health, Alliant, Tabata, Office Exercises, Reiki, Guided Relaxation & Mindfulness Session.
- 2 PM – 4PM ET:** Building Healthy Habits that Last, Art Therapy, Sheet Pan Dinners Cooking Demo, Who's Got the Time Meal Prepping and Kitchen Hacks
- 4 PM – 6 PM ET:** Create your own Happiness, Work-life Balance, Happy Hour, Raffles, Piano Bar

**PRE-REGISTER BY
END OF DAY
NOVEMBER 1st to be
eligible for raffles or
complete the
scavenger hunt by
1Pm on November
3rd!**

Raffle Prizes!



TouchCare November Campaign

*It's Open Enrollment Season! During the month of November, we are highlighting **Open Enrollment!***

Member contest: From November 1-30, any member who follows [@TouchCareHealth](https://www.instagram.com/TouchCareHealth) on Instagram will be entered to win a \$100 gift card!

Member webinar: Wednesday, November 17th @ 12pm ET- TouchCare's November webinar will focus on tips & cost-saving strategies to help members navigate the benefits selection process and select the best plan for their family! We can't wait for you to tune in! [Registration Link](#)

Welcome to... HR CORNER

November Anniversary Milestones
&
October Birth Announcements!

Celebrating 5 Years

Frances Mason
Cassie Giesbrecht
Bryan Flake
Ryan Beck

Celebrating 10 Years

Jamie Klimkowski

Welcome New Arrivals

Congratulations Erin Krawiec & David: Madelyn Joan born October 14th, 10lbs, 3oz.

Congratulations, Anup Patel & Paayal: Aria born October 5th, 6lbs, 2oz.

Congratulations Ricardo Cole & Theresa: Sebastian David born October 8th. 6lbs. 11oz.

UPCOMING WEBINARS



Cigna EAP

November 3: Blueprint for Emotional Wellness
November 17: Managers: Stress Management for Managers

2pm ET / 1pm CT / 11am PT

www.cigna.com/EAPWebcasts



Financial Education Workshop Series

Wednesday, November 10 at 12:00PM Eastern time
Five Money Musts

If you're just starting to think about how to manage your money:

Learn about five basic money concepts to help you start your financial journey on the right foot.

[Register now](#) – using your NetBenefits username & password.

Prudential Pathways- Financial Wellness

Thursday, November 4th:
Understanding Your Health Savings Account

Thursday, December 2nd:
6 Essential Tools for Estate Planning after Lockdown

12-1 PM EST: [Click Here to Register Now!](#)

Financial Wellness 360 is back! Limited Appointments.
[Click here for available appointments on Thursday, December 2nd](#)

Cigna Behavioral EAP is now **EVERNORTH.**
We're here to listen. Contact us any day,
anytime.

www.mycigna.com
1-877-622-4327

LEARN HOW TO BENEFIT FROM YOUR HSA

Are you getting the most of your HSA? Use this HSA Planner Tool to find out.

www.myhsaplanner.com



EMPLOYEE RESOURCE GROUPS @ CONVATEC



Black Employee Network

ConvaTec and the Black Employee Network "The B.E.N." are committed to challenging racism and injustice where we find it, at work, in our communities, and beyond.

Contact: BlackEmployeeNetwork@convatec.com



Women @ ConvaTec

Gender Inclusion- Women, Have Your Say

Women@ConvaTec celebrate Women's Day annually. International Women's Day in March celebrates the contribution of women and contributes to a more inclusive organization and challenges inequality.



Pride Network

LGBTQ+ Inclusion in the Workplace

In support of ConvaTec's Diversity, Equity, and Inclusion "DE&I" initiatives, The Pride was the first of 3 Employee Resource Groups. Starting with 4 members, the group is now over 100 members and growing.



It's been a pleasure bringing you monthly newsletters for the past 10 years; keeping you all updated on the great benefits offered by ConvaTec. Thank you for all your support.

Sharon Vance