



# Wellness Program

## You Give Your Best at Work Every Day

We want to help you do the same for yourself. Our Wellness Program aims to support your physical, mental, and emotional health. Tune in for simple ways to build positive habits and tools to help you navigate life's daily demands.

**Current program details are available on the Payroll & Benefits page in UKG Pro.**

## Earn Rewards

While wellness is for everyone, employees on one of OTC's Medical plans can earn points to qualify for a premium reduction for the year following participation.

**Required points must be earned by November 15th**

**Questions? Contact Benefits at**

[benefits@oriental.com](mailto:benefits@oriental.com) or [\(402\) 829-4454](tel:(402)829-4454) option 2