

Resources that
— CARE FOR THE —
WHOLE YOU



LET'S GET STARTED

At Compass Group, our people are our purpose, and we know that the key ingredient to our success is you. Whether you're at work or at home, we want to make sure you have access to resources and programs that **care for the whole you.**

WHAT'S INSIDE

In this booklet, you'll find resources that are free and available to everyone, as well as some associate-exclusive programs designed just for you.

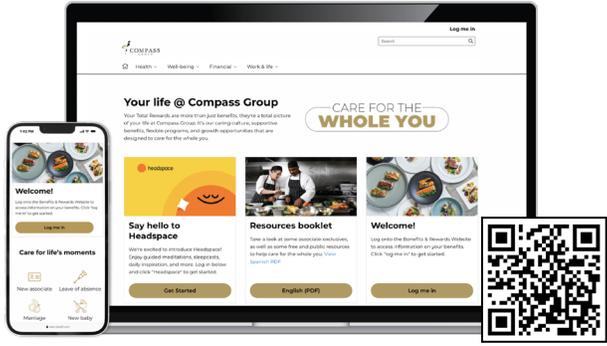
Use it to discover tools, tips, and programs that support your health, well-being, finances, and work-life balance.

FIND IT FAST

- Health resources _____ 2
- Well-being resources _____ 3
- Financial resources _____ 4
- Work & life resources _____ 5

CRAVING MORE?

Visit Life @ Compass for easily accessible benefits information. Scan the QR code or visit learn.bswift.com/compass.



HEALTH RESOURCES



GET ACTIVE

- **AllTrails** – Find local hiking, biking, and walking trails | [alltrails.com](https://www.alltrails.com)
- **Move Your Way** – Tips, videos, and an interactive activity planner | [health.gov/moveyourway](https://www.health.gov/moveyourway)
- **School of Strength** – New ways to get active | specialolympics.org/school-of-strength

STAY HEALTHY

- **Family Doctor** – Reliable, physician-reviewed health information | [familydoctor.org](https://www.familydoctor.org)
- **MyHealthFinder** – Personalized preventive health care recommendations | odphp.health.gov/myhealthfinder
- **Pulse Check** – Interactive tool to improve holistic heart health | [livetothebeat.org](https://www.livetothebeat.org)
- **Free or low-cost healthcare options** – Find clinics near you | [nafcclinics.org](https://www.nafcclinics.org)
- **Public health insurance** – Explore coverage options through the marketplace | [hhs.gov](https://www.hhs.gov)

The Health Insurance Marketplace (Marketplace) is a federally operated insurance marketplace where individuals and families can purchase and compare health plans.

EAT WELL

- **We Eat Live Do Well** – Tips and insights from wellness and sustainability experts | [weeatlivedowell.com](https://www.weeatlivedowell.com)
- **MyPlate** – Learn about the five food groups and make your food work for you | [myplate.gov](https://www.myplate.gov)
- **Shop Simple with MyPlate** – Buy healthy foods on a budget and find local savings | [myplate.gov/shopsimple](https://www.myplate.gov/shopsimple)

ASSOCIATE EXCLUSIVES

- **One Pass** – Access thousands of gyms, classes, and wellness resources with one membership | [onepassselect.com](https://www.onepassselect.com)
- **Discount Marketplace** – Save on fitness essentials | [compassgroup.perkspot.com](https://www.compassgroup.perkspot.com)
Eligibility is determined based on the individual offer.
- **Move Mode with Headspace** – Mindful workouts and guided cardio sessions to boost mood and fitness | [compassgroup.bswift.com](https://www.compassgroup.bswift.com)

How to register: Associates must log into [compassgroup.bswift.com](https://www.compassgroup.bswift.com) and select “Headspace” to access their unique registration link.



Scan the QR code with your phone's camera or visit [compassgroup.bswift.com](https://www.compassgroup.bswift.com)

WELL-BEING RESOURCES



GET IMMEDIATE SUPPORT

- **988 Suicide & Crisis Lifeline** – Call or text 988 | 988lifeline.org
- **Mental Health Hotline** – Call 866-903-3787 | mentalhealthhotline.org
- **Substance Abuse & Addiction Helpline** – Call 844-289-0879 | drughelpline.org
- **Veterans Crisis Line** – Text 838255, call 988 then press 1, or chat online | veteranscrisisline.net
- **The Trevor Project** – Support for LGBTQ+ young people | Text “START” to 678678, call 866-488-7386, or live chat | thetrevorproject.org/get-help
- **National Maternal Mental Health Hotline** – Call or text 833-852-6262

FIND RELIABLE INFORMATION

- **Local support options** – Search for credible local providers and programs | findtreatment.gov
- **NAMI** – Support groups, treatment navigation, and educational resources | nami.org
- **Mental Health America (MHA)** – Education, screening tools, and resources | mhanational.org
- **Kids Mental Health Foundation** – Support and tools for children’s mental and emotional wellbeing | kidsmentalhealthfoundation.org
- **Postpartum Support** – Mental health support for new parents | postpartum.net

BUILD YOUR WELL-BEING

- **Building Your Way to Wellness** – A self-guided wellness planning booklet | liveandworkwell.com/en/public/topics/wellness
- **HelpGuide** – Easy-to-understand guidance for managing stress, emotions, relationships, and overall mental health | helpguide.org

ASSOCIATE EXCLUSIVES

- **Be Well Newsletter** – Seasonal insights and practical guidance to support your wellbeing at Compass | learn.bswift.com/compass/be-well-newsletter
- **Headspace** – Tools to support a healthier, happier you. Full time and part time Associates have access to the Headspace app, including:
 - Meditations to manage life’s moments
 - Sleepcasts for restful nights
 - Focus music to get you in the zone
 - Workouts for body and mind

How to register: Associates must log into compassgroup.bswift.com and select “Headspace” to access their unique registration link.



Scan the QR code with your phone’s camera or visit compassgroup.bswift.com

FINANCIAL RESOURCES

LEARN THE BASICS

- **Money management** – Simple lessons on everyday money management | edu.gcfglobal.org/en/moneybasics
- **How you money tips** – Short videos from Fidelity with practical tips to help you budget, save, and make smarter financial decisions | howyoumoneytips.com/base

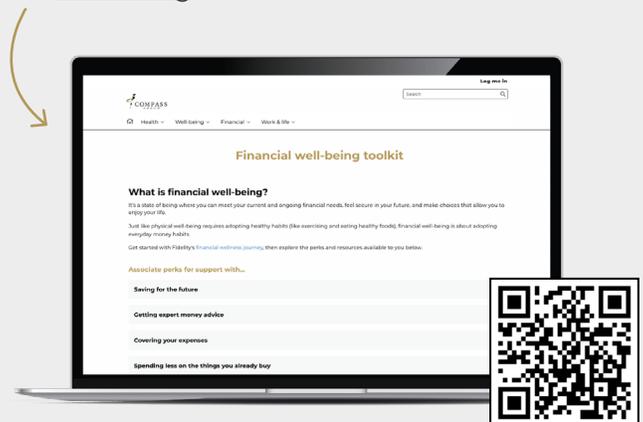
FIND HELPFUL TOOLS

- **Budgeting worksheet** – Fidelity's free worksheet helps you better understand your spending habits | click [here](#) or download the worksheet at learn.bswift.com/compass/financial-well-being
- **Student loan tools** – Resources for every step of the student loan process | consumerfinance.gov/paying-for-college
- **Checklists & organizers** – Templates for organizing your important financial and personal information | fidsafe.com/resources/checklists-organizers/

ASSOCIATE EXCLUSIVES

- **Financial well-being toolkit** – Explore the perks available to you as a Compass Associate
 - Same day pay
 - Retirement plan by Fidelity
 - Discount marketplace
 - Shopping program

Scan the QR code with your phone's camera or visit learn.bswift.com/compass/financial-well-being



DID YOU KNOW?

The Retirement Plan by Fidelity goes beyond long-term savings | netbenefits.com

- Meet with a financial professional
- Access digital tools, like budget calculators, student debt resource hub, and more.
- Explore articles and videos

WORK & LIFE RESOURCES



GROW YOUR CAREER

- **Compass Group Careers** – We're here for you at every step of your journey. Explore roles across the globe, grow your skills, and find your purpose | compassgroupcareers.com
- **Career tools & training** – Find job-search help, résumé tools, training programs, and local employment resources through Career One Stop | careeronestop.org

SUPPORT YOUR FAMILY

- **Caregiver support finder** – Find programs that help caregivers and people with disabilities access assistance for health care, food, utilities, and more | benefitscheckup.org
- **Adoption & foster care resources** – Explore trusted guidance and tools for families considering adoption or foster care | childwelfare.gov
- **Pet health information** – Access trusted, veterinarian-reviewed advice on pet symptoms, care, nutrition, and wellness | petmd.com

FIND HOUSING SUPPORT

- **Local resources** – Find local housing assistance, tenant rights information, and legal aid | justshelter.org/community-resources
- **Know your rights** – Look up your local housing rules, rights, and protections | legalfaq.org
- **Federal resources** – Access support ranging from public housing to homeowner programs | hud.gov

NAVIGATE LEGAL NEEDS

- **Immigration support** – Find immigration legal services and resources near you | immigrationadvocates.org
- **Legal form helper** – Complete legal documents for free by answering a few simple questions | lawhelpinteractive.org

ASSOCIATE EXCLUSIVES

- **Choice Home & Auto Program** – Compare and save on home and car insurance | purchasingpower.com/compass-group
- **Pet Plan** – Save on vet bills when your pet is sick or injured | benefits.petinsurance.com/compass-group