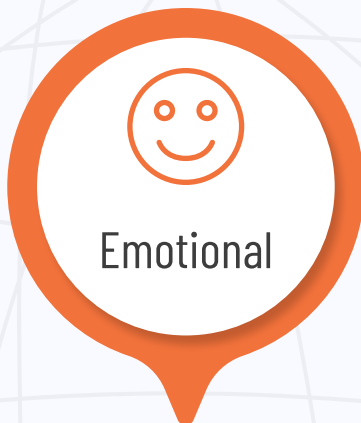




THE 8 DIMENSIONS OF WELLNESS



Spiritual



Emotional



Ecological



Social

INNOVATIVE
SERVICES, INC.



Financial



Physical



Occupational



Intellectual

THE 8 DIMENSIONS OF WELLNESS

Focusing on all 8 dimensions of wellness is extremely important if we want to achieve good physical health, have balanced emotions, and an overall higher quality of life. Concentrating on all 8 dimensions helps us to be the best versions of ourselves, function at our highest level of wellbeing both at home and at work, and make a positive impact in our communities.

ISI is GRATEFUL FOR YOU and we value you, and we want to showcase each dimension with available resources that you can take advantage of.



[ERC Employee Assistance Program](#)

- 24/7 access for all employees
- 800-222-8590

[UHC Employee Assistance Program](#)

- 24/7 access for employees on the medical plan
- 888-887-4114

[Sanvello Behavioral Health App](#)

- For employees on the medical plan

Paid Time Off

- 8 hours of volunteer time off

Recycling done at work

[Associated Bank Health Savings Account](#)

Cell phone discount

- US Cellular
- Verizon

Flexible dress code

401k retirement plan

- For employees who have completed 1 year of service, worked 1,000 hours and are 21+

Health savings account

- For employees enrolled in an HSA-Qualified plan

[UHC Simply Engaged Program](#)

- For employees on the medical plan

[UHC Quit For Life](#)

- For employees on the medical plan who want to kick the smoking habit

Rejuvenate your sense of curiosity

- Tuition discount Rasmussen/Lakeland University
- For all employees and immediate family

Rejuvenate your sense of curiosity

- Tuition discount Rasmussen/Lakeland University
- For all employees and immediate family

Wellness and YMCA Membership

- FT/PT employees

[UHC Medical Insurance](#)

- For employees on the medical plan

[Delta Dental Insurance](#)

- For employees on the dental plan

[UHC Vision Insurance](#)

- For employees on the vision plan

[UHC Simply Engaged Program](#)

- For employees on the medical plan

[UHC Quit For Life](#)

- For employees on the medical plan who want to kick the smoking habit

[UHC Real Appeal](#)

- For employees on the medical plan who want to make healthier nutrition choices

Develop stronger connections

Cell phone discount

- US Cellular
- Verizon

Paid holidays

- Floating holidays

[UHC Simply Engaged Program](#)

- For employees on the medical plan

Family funeral leave

[ERC Employee Assistance Program](#)

- 24/7 access for all employees
- 800-222-8590