



Total Rewards.
Total You.

Embrace the spirit of the season

Our **Total Rewards** e-Newsletter promotes the many benefits and resources we offer to support you and your family physically, emotionally, financially, and socially all year long.



Nurture your well-being

If you're struggling with feelings of sadness or seasonal depression, it's ok to take care of you. Access **ComPsych**, our EAP, and for those enrolled in a UnitedHealthcare medical plan, **myStrength** offers virtual therapy to address many emotional well-being needs.



Connections that unite us

Looking to expand your circle with others that share common interests? Check out the many offerings our **Employee Resource Groups (ERG)** provide. Start with our **Well-being ERG** and bring a co-worker with you!



Lend a helping hand

A simple act of kindness can make all the difference to those in need. Volunteer through our **Helping Heroes Program**, donate to the **Fresenius Medical Care Foundation** or, offer your time at local organizations such as food banks or shelters.



Have questions? Please visit the **ESC** or call 855-362-6247.

Like what you read? How are we doing?

Tell us at employee.communications@freseniusmedicalcare.com.



You're an important part of Fresenius. In return for all that you do, we provide you with a wide range of Total Rewards, including benefits and programs focused on supporting your overall well-being – the Total You.

Our Health, Wealth, Career, and Life benefits and programs are designed to help you thrive at work and at home. For more information, visit the enhanced ESC or download the Total Rewards mobile app.