



Employee Wellness Resource Guide





Employee Wellness

Active & Fit

- Gym membership benefit with access to top gym brands starting at about \$28/month
- Includes standard gyms and premium gyms like yoga, barre, Pilates, and spin
- No long-term contracts, annual fees, or cancellation penalties.
- Members can switch gyms or add additional gym memberships at discounted rates
- Signing up includes access to thousands of on-demand workout videos at no additional cost
- Offers 1-on-1 wellness coaching to help create personalized fitness and wellness plans
- Coaching includes support in:
 - Fitness
 - Nutrition
 - Stress management
 - Sleep
 - GLP-1 education
- Ideal for employees who:
 - Work remotely
 - Travel often
 - Do not have a specific gym they use, or don't live close by to a location with a gym
- Nationwide network of gyms includes:
 - 12,800+ standard gyms
 - 10,200+ premium gyms
- Active & fit Direct Marketplace offers 10-50% discounts on wellness-related products, including:
 - Fitness equipment
 - Nutrition products
 - Apparel
 - Fitness trackers
- To enroll:
 - Go to the Work-Life Services page on Wellsource
 - Click the Active & Fit logo

FAQs

- Can I switch gyms?
 - Yes, you can switch gyms by canceling your old one and adding a new one, or add additional locations at discounted rates.
- Are there contracts or cancellation fees?
 - No, there are no long-term contracts, annual fees, or cancellation penalties.
- Do I get workout videos?
 - Yes, access to thousands of on-demand workout videos is included at no extra cost.
- Can I use this if I am located in another state or work remotely?
 - Yes, the nationwide network allows access to gyms across the country
- Are there discounts on fitness products?
 - Yes, members receive 10-50% discounts on wellness-related products through the marketplace.

Talking Points & Phrasing

- This benefit gives you access to thousands of gyms nationwide.
- You are not locked into a contract, so it is very flexible.
- It is a great option if you travel, work remotely, or like trying out different studios.
- Includes free on-demand workouts and wellness coaching to help you meet your goals.
- You can also save money with discounts on fitness gear and wellness products.
- Active and Fit offers a great opportunity to access standard gyms and add premium gyms at a potentially reduced rate.



Employee Wellness

Bright Horizons

- On-Site Childcare
 - Available at:
 - Cobb
 - Kennestone
 - Hours:
 - Monday-Friday
 - 6:00 AM – 8:00 PM
 - Ages served:
 - 6 weeks to 5 years.
- Backup care
 - Designed to help cover planned or unplanned gaps in care.
 - 80 hours of backup care available for:
 - Children
 - Through a network of in-home or in-center care
 - For:
 - School closures or breaks
 - Babysitter cancellations
 - Child illness
 - Planned childcare needs
 - Adult & Senior Care
 - Available in the team members' home or the home of their relative across the country
 - For:
 - Recovery after surgery
 - Falls or injuries
 - Caregiver breaks
 - Extra help for parents
 - Pets
 - Available as a voucher system through Rover and Wag
 - For:
 - Walking & Feeding
 - Medication administration
 - Overnight boarding
 - Pet check-in
 - Virtual tutoring
 - Available in person and virtually through Sylvan Learning and Varsity Tutors
 - For:
 - 3,000+ subjects
 - ACT/SAT prep
 - Language help

FAQs

- Can I transfer my backup care hours to another employee?
 - No, Backup Care hours cannot be transferred.
- How many backup care hours do I get?
 - You receive 80 hours per year.
- Do unused hours roll over?
 - No. You receive a new set of hours each year.
- Does backup care only apply to emergencies?
 - No, it can be used for both planned and unplanned needs
- Are providers screened?
 - Yes, all providers are vetted and trained.

Talking Points & Phrasing

- This is a work-life support benefit.
- You can use backup care for children, adults, seniors, or even pets.
- Great for situations like school closures, sick kids, or last-minute babysitter cancellations.

- Pet care vouchers must be requested through Bright Horizons and redeemed through Rover and Wag.
- They partner with various care resources to provide extended senior support at reduced rates after Back-up care hours are used.
- They partner with various care resources to offer discounted rates for before- and after-school care & camps and discounted registration on Jovie.



Employee Wellness
Center for Best
Health

- A 12-week fast-track wellness program that is designed to help participants jumpstart their health journey.
- Participants can earn \$750 for completing the full 12-week cohort.
- Program includes:
 - 11 total touchpoints, including:
 - 2 in-office provider visits
 - 4 virtual classes
 - 1-on-1 nutrition counseling
 - 1-on-1 exercise counseling
 - 3 health coach sessions
- Benefits may include:
 - Fitness center membership
 - HSA cash contributions
 - Obesity medication at no cost (if eligible)
 - Nutrition and fitness counseling
 - 1-on-1 health coaching
- Eligibility:
 - Must be enrolled in the Wellstar Health Plan
 - Available to team members and adult dependents
 - Must meet one of the following:
 - A1C \geq 6.5
 - BMI \geq 30 AND a related health condition such as:
 - High blood pressure
 - Prediabetes
 - Diabetes
 - Unhealthy cholesterol

FAQs

- Who qualifies for the program?
 - Participants must meet eligibility requirements based on A1C levels or BMI, with a related health condition, and be enrolled in Wellstar Health System or be an adult dependent.
- How long is the program?
 - 12 weeks.
- Do participants receive incentives?
 - Yes, participants can earn \$750 after completing the program.
- Are medications included?
 - Eligible participants may receive obesity medications at no cost.
- Who should I contact with additional questions?
 - 470-956-3960

Talking Points & Phrasing

- This is a 12-week structured wellness program designed to support weight loss and overall health.
- Participants can earn \$750 in HSA contributions for completing the program.
- Designed for those managing weight or chronic health conditions.
- Provides tools, support, and accountability to help participants succeed.



Employee Wellness

Circles

Concierge

- A time-saving concierge service that helps employees gain a little time back in their day.
- Services include:
 - Running errands
 - Grocery shopping
 - Making deliveries
 - Amazon returns
 - Vacation planning
 - Research assistance
 - Shopping at wholesale stores (Sam's and Costco)
 - Discounted gift card purchases
 - Oil changes & Car Maintenance through Midtown Tire
- Delivery details:
 - Home delivery available within 15 miles of a Wellstar hospital
 - If outside of 15 miles:
 - Grocery delivery may be completed through Instacart
 - Request must be submitted at least 24 hours in advance
 - Requests can be submitted through:
 - Website
 - App
 - Email
 - Phone
 - Single Sign-On (SSO) is available with Wellstar email
- Cost:
 - Only pay for the cost of the items purchased
 - No service fees
 - No delivery fees
 - No tipping
- Limitations:
 - Cannot transport people
 - Cannot transport pets
 - Cannot drive employee vehicles
- Family Access:
 - One family member can be added to your Circles account
 - They can only access virtual services (travel planning or research)

FAQs

- Do I need to tip the delivery driver?
 - No, tipping is not required.
- Is there a service fee?
 - No, there are no service or delivery fees.
- How far can deliveries be made by Circles?
 - Within 15 miles of a Wellstar hospital from your home. If further away, delivery may be completed through Instacart.
- Can they drive my car or transport people?
 - No, transportation services are not included.
- How do I submit a request?
 - Through the website, app, phone, or email at least 24 hours in advance.

Important talking/phrasing

- This benefit is designed to save you time and give you time back in your day.
- You only pay for the cost of the items, no delivery fee, no service fee, and no tipping.
- Great for errands like grocery shopping, returns, or vacation planning.
- Even allows shopping at Costco or Sam's Club without a membership.
- Helps reduce stress by handling time-consuming tasks.



Employee Wellness

Daily Pay

- An earned wage access benefit that allows employees to access a portion of their pay before payday.
- Key features:
 - Access up to about 60% of earned wages from completed shifts- does not take into account shift differential, PTO, or overtime hours.
 - Transfers available:
 - Instant transfer: \$2.99
 - Standard transfer (24 hours): Free
 - Transfer to Daily Pay card: Free
 - Works alongside Workday to determine available earned wages
 - Must cancel after use to prevent automatic ongoing processing
 - Daily Pay processes every Thursday after the initial transfer.
- Financial Wellness Support:
 - Includes 4 free financial counseling sessions
 - Free monthly credit monitoring included
 - Full monthly credit report available with no impact on credit score
- Account Options:
 - Can direct deposit into two separate accounts
 - Allows saving for specific financial goals (Christmas fund, vacation fund, etc.)
 - Access through app or website (not SSO)
- Important Usage Notes:
 - Must reset transfer accounts in Workday after using Daily Pay
 - Only applies to shifts already worked

FAQs

- How much of my paycheck can I access?
 - Typically up to about 60% of earned wages is available.
- Are there fees?
 - Instant transfers have a \$2.99 fee per transfer; standard transfers within 24 hours are free.
- Do the financial counseling sessions overlap with Spring Health?
 - No, the sessions are separate from what Spring Health offers.
- Does Daily Pay work with future shifts?
 - No, only shifts already worked are eligible.

Important talking/phrasing

- Daily Pay was created to help employees access a portion of their earned wages when needed.
- Helpful for unexpected expenses or emergencies.
- Includes free financial counseling and credit monitoring.



Employee Wellness

Employee

Fitness &

Healthplace

- Employee Fitness Centers
 - Employees receive free access to employee fitness areas at:
 - All hospitals (except Augusta)
 - Two Health Parks (Vining's Health Park & East Cobb Health Park)
 - These gyms are similar to hotel-style gyms and typically include:
 - Strength equipment
 - Cardio machines
 - Access is dependent on the hours of your location.
 - Must sign up for badge access (typically granted on Fridays)
 - Some locations have personal trainers offered at a discounted rate to employees.
- Wellstar Healthplace (Kennestone)
 - Full-service fitness facility open to:
 - Employees (free)
 - Community members (fee required)
 - Family members of employees (fee required)
 - Facility features:
 - Olympic-size swimming pool
 - Locker rooms with:
 - Sauna
 - Whirlpool
 - Group exercise classes
 - Cardiac rehabilitation
 - Personal training
 - Nutrition services
 - Swim lessons
 - Massage therapy
 - Employee Family Member Access:
 - The first member added is \$14 per month, and any additional members after that are \$7 per month.
 - Must be 16+ to join independently
 - Ages 13-15 can join with guardian supervision
 - Ages 12 and under use Kids Place or childcare
 - Employee Discounts on:
 - Massage therapy
 - Personal training
 - Swim lessons
 - Nutrition services
 - Sign-up:
 - Must visit Healthplace in person to complete registration.

FAQs

- Are employee fitness centers free for employees?
 - Yes, employee fitness centers are free for team members.
- What are the hours of the fitness centers?
 - The hours depend on your location.
- Is Healthplace free?
 - Yes, for employees; community members, and family members pay a fee.
- Can family members join?
 - Yes, for an additional fee depending on their age.

Important talking/phrasing

- All team members receive free badge access to employee fitness centers.
- Healthplace offers additional amenities like pools, exercise classes, and personal training.
- Employees receive discounts on services like massage, nutrition, and personal training.



Employee Wellness

Get Well @

Work

- A Wellstar Medical Group clinic dedicated to caring for employees during work hours.
- Focuses on same-day minor acute care visits to help employees return to work quickly.
- Services include treatment for:
 - COVID-19 testing
 - Hypertension
 - Upper respiratory infections
 - Nasopharyngitis
 - Urinary tract infections
 - Headaches
 - Strained muscles
 - Nausea
 - Dizziness
 - Viral infections
 - Gastroenteritis
 - Other minor illnesses
- Important details:
 - Does NOT include prescription medication refills
 - Open Monday – Friday, 8:00 AM – 4:30 PM
 - Cost \$20 per visit, including necessary testing
 - Employees receive 5 visits per calendar year
 - Additional labs or radiology may result in additional charges
 - Virtual appointments are available
 - Walk-ins may be accepted depending on availability
 - Physical exams and wellness visits are available
 - Can assist with finding a Primary Care Provider (PCP)
- Eligibility:
 - Available to all team members, regardless of insurance status
 - Dependents are not eligible
- Location:
 - 780 Church Street
- Additional Incentive:
 - One-time opportunity to receive a health credit for the visit fee by signing up for preventative case management services.

FAQs

- Who can use Get Well @ Work?
 - All team members, regardless of insurance status.
- How much does each visit cost, and how many visits can I get?
 - \$20 per visit, for up to 5 visits per calendar year.
- Can I refill prescriptions here?
 - No, prescription refills are not provided.
- Do they accept walk-ins?
 - Yes, depending on availability, appointments can be scheduled as well.
- Are dependents eligible?
 - No, this service is only for team members.

Important talking/phrasing

- Designed to help employees get care during work hours.
- Costs \$20 per visit for up to 5 visits per calendar year.
- Available to all employees, regardless of insurance.
- Great for same-day minor acute care needs.
- Can also help you find a primary care provider.



Employee Wellness

Headspace

- A mindfulness and meditation app designed to help support mental wellness, focus, and stress management.
- Features include:
 - Guided meditation
 - Sleep meditation
 - Sleep sounds and noise options
 - Sleep podcasts and bedtime stories
 - Stress management tools
 - Wellness courses
 - Financial wellness resources
 - Relationship and stress navigation courses
 - Focus and productivity exercises
- Usage Benefits:
 - Helps improve focus and attention
 - Encourages mindfulness and awareness
 - Supports stress reduction
 - Helps improve sleep habits
 - Can support mental clarity during busy or stressful shifts
- Access Details:
 - Employees can share access with up to 5 people
 - Users do not have to live in the same household
 - Available through:
 - Mobile app
 - Website
 - Single sign-on (SSO) is available
 - Must use the specific Wellstar QR code or link to activate access.

FAQs

- How many people can I share access with?
 - Up to 5 people, they do not have to live in your household.
- What types of content are included?
 - Meditation, sleep support, stress management, and wellness courses.
- How do I sign up?
 - You must use the specific Wellstar QR code or link.

Talking Points & Phrasing

- Headspace is a mindfulness and meditation app designed to reduce stress and improve focus.
- You can share access with up to 5 people.
- Great for sleep support, stress management, and focus.
- Helpful for quick mental resets during busy shifts.



Employee Wellness

Pawsitive

Connections

- A therapy dog program designed specifically for team members to support emotional wellness and stress relief.
- Three ways to participate:
 - Monthly Meet & Greets:
 - Held monthly at:
 - Hospitals
 - Health parks
 - Open to all team members
 - No request required
 - Check email for communications
 - Provides casual opportunities to interact with therapy dogs.
 - Team Events:
 - Available for:
 - Staff meetings
 - Team retreats
 - Departmental celebrations
 - Requests submitted via email: PawsitiveConnections@wellstar.org
 - Comfort Rounds:
 - Designed for teams experiencing:
 - High stress
 - Burnout
 - Workplace violence
 - Crisis situations
 - Requests submitted via email: PawsitiveConnections@wellstar.org
- Program Details:
 - Funded by the Wellstar Foundation
 - All therapy dogs are certified therapy dogs
 - Handlers ensure safety and comfort for all participants
 - Individuals who prefer not to interact with dogs can notify handlers.

FAQs

- Who can participate?
 - All team members.
- Can teams request visits?
 - Yes, teams can request visits for events or comfort rounds.
- What if I do not like dogs?
 - Inform the handler, and they will ensure distance is maintained.

Talking Points & Phrasing

- This program provides certified therapy dog visits for stress relief.
- Open to all team members.
- Funded by the foundation to support team member wellness.



Employee Wellness

Sharecare

- A well-being incentive program that rewards employees for participating in health-related activities.
- Program Details:
 - 1 point = \$1 (updated in 2026)
 - Employees can earn up to
 - 310 points (\$310)
 - Out of 480 available points total
 - Designed so employees can still earn the full reward amount even if they miss some of the possible activities.
- Ways to Earn Points:
 - Intro video & Real Age Test
 - Annual Wellness/Preventive Visit
 - Screenings (Mammogram, Prostate Exam, Colonoscopy, Dental, Vision, Skin Cancer Screening, Tobacco)
 - Spring Health Assessment
 - Wellness Challenges
 - New Workout Videos
 - Daily Health Tracker in June
 - Financial Health Assessment
- Screening Upload Process:
 - If on Wellstar insurance:
 - Most screenings automatically upload within 60 days
 - Skin cancer screenings require a manual upload
 - If not on Wellstar insurance:
 - Download preloaded form
 - Have the provider sign and date
 - Upload form manually
- Reward Redemption:
 - Redeem rewards through: Achieve → Rewards → Active
 - Redeem past rewards through: Achieve → Rewards → Past → Select Year
- Rewards May Include:
 - E-gift cards (Amazon, Target, Sephora, Home Depot, Uber Eats, Starbucks, etc.)
 - Fitness equipment
 - Electronics
 - Wellness items
- Important Rules:
 - Points expire every year
 - Points do not roll over into the next year
 - Videos must be watched fully
 - Once a challenge closes, points cannot be earned for it.
- Eligibility:
 - Available to all team members
 - Full-time
 - Part-time

- PRN
- Contract employees are not eligible

FAQs

- Who can participate?
 - All team members except contracted employees.
- How much can I earn?
 - Up to 310 points (\$310) per year.
- Do points roll over?
 - No, points expire each year.
- Do I need to sign up every year?
 - No, you only need to sign up once.
- How do I redeem rewards?
 - To redeem rewards from the current year, go to Achieve → Rewards → Active.
 - To redeem rewards from the past year, go to Achieve → Rewards → Past → Select Year

Important talking/phrasing

- Sharecare lets you earn money by taking care of your health.
- 1 point equals \$1, up to \$310 per year.
- You can earn rewards for things you may already be doing, like your annual screenings.
- Available to all employees, whether or not you're on Wellstar insurance.
- You have a year to earn and a year to spend.



Employee Wellness

Shinewell

- A team member recognition platform used to celebrate achievements, milestones, and positive contributions.
- Platform Features:
 - E-Cards
 - Used to recognize:
 - Appreciation
 - Birthdays
 - Anniversaries
 - Congratulations
 - Everyday achievements
 - Details:
 - No limit on sending e-cards
 - Quick and easy to send (about a minute)
 - Helps recognize coworkers in real time
 - Awards:
 - Used to recognize employees who:
 - Go above and beyond
 - Demonstrate organizational values
 - Provide exceptional service
 - Award Levels:
 - Bronze and Silver:
 - Can be nominated by team members
 - Gold:
 - Can only be awarded by leaders
- Process:
 - Award Wizard asks 6 multiple-choice questions
 - System determines appropriate award level
 - Submitted awards are reviewed by leadership.
- Rewards:
 - Awards include points
 - Points can be redeemed for:
 - Gift cards
 - Electronics
 - Merchandise
 - Fitness equipment
- Important details:
 - Shinewell points expire after 2 years
 - Points are not taxed
- Social Feed
 - Functions similarly to common social media platforms:
 - Displays recognition posts
 - Shows birthdays and anniversaries
 - Allows team members to like and comment
 - Helps build team connection and engagement.

- Anniversary recognition
 - Recognizes milestones at:
 - 1 year
 - 3 years
 - 5 years
 - Every 5-year increment after
 - Includes:
 - Digital and printed yearbook
 - Contributions from team members
 - Personalized messages and photos
 - Anniversary gifts
- Access:
 - Available through:
 - Wellsource
 - Great Work app

FAQs

- Is there a limit to how many e-cards I can send?
 - No, there is no limit.
- Who can give awards?
 - Team members can nominate Bronze or Silver awards. Leaders can assign Gold awards.
- Do all recognitions include points?
 - No, only awards are associated with points.
- Do Shinewell points expire?
 - Yes, Shinewell points expire after 2 years.
- Are Shinewell points taxed?
 - No, points are not taxed.

Talking Points & Phrasing

- Shinewell is a recognition platform that celebrates your team members.
- Sending an e-card only takes about a minute, but it can make someone's day.
- Awards include points that can be redeemed for gift cards, electronics, and more.
- Great way to recognize team members who go above and beyond.
- Celebrates milestones like work anniversaries and achievements.



Employee Wellness

Spring Health

- Your Employee Assistance Program (EAP) offers mental health and wellness support for team members.
- Mental Health Benefits:
 - 12 free therapy sessions per year per person
 - Available for team members and household members
 - Ages 6+
 - 12 free coaching sessions per year per person
 - Available for team members and household members
 - Ages 13+
 - Types of Support:
 - Therapy:
 - Focuses on:
 - Past experiences
 - Trauma
 - Mental health conditions
 - Emotional well-being
 - Used for:
 - Anxiety
 - Depression
 - Stress
 - Grief
 - Trauma recover
 - Coaching:
 - Focuses on:
 - Present and future goals
 - Performance improvement
 - Personal development
 - Life planning
 - Examples:
 - Career growth
 - Work-life balance
 - Goal setting
 - Productivity improvement
- Additional Services:
 - Couples therapy
 - In-person or virtual visits
 - Medication management
 - 2 visits = 1 medication management visit
 - 24/7 crisis support line
 - On-site care navigators
 - Legal and financial support resources
 - Includes a 30-minute free legal consultation and discounts on further sessions
 - Financial wellness resources
- Privacy Note:

- Providers are not Wellstar providers, which helps ensure confidentiality.
- Access:
 - Available via app or website
 - Single Sign-On (SSO)

FAQs

- Who can use Spring Health?
 - Team members and members of their household who live at the same address.
- How many sessions do I get?
 - Each person in your household gets 12 free therapy sessions and 12 coaching sessions per year.
- What is the difference between therapy and coaching?
 - Therapy focuses on past experiences and emotional healing. Coaching focuses more on future goals and performance improvement.
- Do sessions roll over each year?
 - No, sessions reset annually.
- Are services confidential?
 - Yes, providers are separate from the organization.

Talking Points & Phrasing

- Spring Health provides 12 free therapy and 12 free coaching sessions per year for you and your household.
- Includes virtual and in-person options.
- Provides confidential mental health support.
- Also includes legal and financial wellness resources.



Employee Wellness

Student

Loan U

- A student loan support service that helps employees navigate loan forgiveness programs.
- Primary Focus:
 - Public Service Loan Forgiveness (PSLF) support.
- Partner Platform:
 - Tuition.io serves as the liaison between employees and the Department of Education.

- Eligibility:
 - Must work for a non-profit organization
 - Must make qualifying federal student loan payments
 - Must complete 10 years of qualifying service for PSLF eligibility.
- Services Provided:
 - Helps verify eligibility
 - Tracks qualifying payments
 - Provides reminders for annual recertification
 - Ensures forms are complete before submission
 - Prevents incomplete or incorrect submissions
 - Reduces processing delays for loan forgiveness paperwork.
- Access:
 - Website: wellstar.tuition.io
 - Single Sign-On (SSO) is available.
- Security:
 - Social Security numbers are not stored
 - Accounts are not accessible by other departments or administrators

FAQs

- What loan program does this support?
 - Public Service Loan Forgiveness (PSLF).
- Does the system store Social Security numbers?
 - No, social security numbers are not stored.
- Can this help prevent delays?
 - Yes, it ensures forms are complete before submission.
- Do I need to use Tuition.io?
 - It is strongly recommended to streamline PSLF tracking.

Talking Points & Phrasing

- Student Loan U helps employees navigate the Public Service Loan Forgiveness program.
- Provides reminders and tracks qualifying payments.
- Helps prevent processing delays due to incorrect or incomplete forms.
- Great resource for employees working toward loan forgiveness eligibility.
- Secure platform with no Social Security numbers stored.



Employee Wellness

Wellness

Rooms

- A dedicated quiet space available to employees to relax, refuel, and recharge.
- Locations:
 - Available at all hospitals
 - Available at all health parks
- Purpose:
 - Provide a calm environment for:
 - Relaxation
 - Meditation
 - Stress reduction
 - Mental resets during busy shifts
- Room Features:
 - Massage chairs
 - Aromatherapy
 - Tea bags
 - Water
 - Soothing sounds
 - Relaxing lighting
- Reservation Process:
 1. Log in to eSource
 2. Search “Wellness Room”
 3. Read and attest to the waiver
 4. Reserve a time slot
- Usage:
 - Up to 30 minutes per day
 - Can also enter as needed for quick relaxation.
- Access Restrictions:
- Not available to:
 - Volunteers
 - Contractors
 - PRN staff
 - Prohibited Activities:
 - Food
 - Blankets
 - Bringing guests
 - Smoking or vaping
 - Misuse of equipment
 - Using another employee’s badge
 - Exceeding daily time limits.

FAQs

- Where are all the wellness rooms located?
 - At all hospitals and health parks.
- How long can I use the room?
 - Up to 30 minutes per day.
- Can I bring someone with me?
 - No, guests are not allowed.
- Do I need to reserve a time?
 - Yes, reservations are required through eSource.
- Who can access wellness rooms?
 - Employees only (not volunteers or contractors)

Talking Points & Phrasing

- Wellness Rooms provide a quiet place to relax and recharge.
- Available at all hospitals and health parks.
- Available for team members, whether you have two minutes or 20 minutes.
- Includes massage chairs, aromatherapy, and calming environments.
- Great for a quick mental reset during busy shifts .
- Reservations can be made through eSource.