

Rewarding
Your Spirit

Live Well



Get the most out of your Cintas Benefits

Partners, check out the information below to help you get the most out of your Cintas benefits!

Electronic Newsletter



Register for your group retirement savings plan today! The Cintas Canadian Retirement Plan (RRSP and DPSP) can be accessed [here](#).

Did you know that employees who have the opportunity to participate in RRSP contributions with their organization, are more inclined to use this savings method? Reasons to contribute to your plan include: Automatic savings by payroll deductions, Immediate tax savings on each pay cheque and Employer contributions may top your own.

If you need help getting started, watch this video [Target Retirement](#) to help set your retirement goals. Download the [OMNI app](#) to enroll in and contribute to your plan quickly and easily. Read about sticking to your financial resolutions with these suggestions from this article [Turning resolutions into commitments - Desjardins](#).

You may also contact Desjardins at 1-800-968-3587 Monday to Friday, 8 am to 8 pm (ET).



Cintas's Employee Assistance Program (EAP) is delivered through Inkblot, a Canadian provider of digital-first mental health and wellbeing services. They provide professional, secure, and confidential virtual counselling and advisory services to help you and your family be at your best. Connect with a best-matched mental health practitioner to support your needs and preferences. Advisory Services such as financial, legal and health coaching are available to help make life less stressful.

Discover wellness and mental health articles in the [Wellness Hub](#) to get helpful advice on health topics relating to the body, mind, relationships and work.

January is a great time to review how you manage your finances. The article [Benefits of financial well-being](#) shares the positive impact that financial wellbeing can bring, for a better overall quality of life.

Inkblot is included in your benefits package and is available to all Cintas Partners. Visit [Inkblot Therapy](#) to signup and register. For more information visit [My Resources](#) under 'Mental Health' from [Rewarding Your Spirit](#) wellness website.

Lumino Health

[Lumino Health](#) is Sun Life's all-in-one health resource hub. Use this tool to connect to health information from trustworthy resources. Find health-care providers such as dentists and psychologists. Connect to the right virtual health solution for *your* needs. Lumino Health empowers all Cintas partners on their health journey by providing useful health information and resources in topics such as Fitness and Lifestyle, Mental Health, and Family Health and Diabetes.



[How to build healthy habits & break bad ones](#) is an article that gives valuable advice on how to create new healthy habits. It shares how to set goals, having a positive mindset and preparing for the inevitable challenges that lay ahead. Read this article for some inspiration!

Weight Watchers

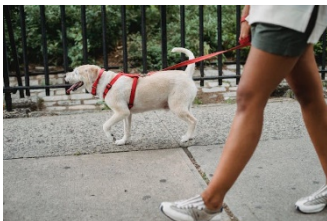


Cintas is proud to offer our partnership with **Weight Watchers** in Canada. A **50%** discount is applied to the **3, 6 or 12 month plans only**. Please note that with the 6-month plan, you will need to cancel at the end of the 6 months, and then use the link to re-sign up to avoid losing the discount.

Sign-up information can be found [here](#), or on the Rewarding Your Spirit Website, under [My Resources](#).

Wellness Website

Rewarding Your Spirit



Happy New Year! We hope that partners across the country are feeling refreshed, energized, and ready to set some wellness goals for 2024! This article on [Research finds ways to help you love exercise](#) lends some suggestions to adding physical activity into your daily routines without making big lifestyle changes.

Our featured recipe is healthy [Almond Oat Bars](#). Almond oat bars are a healthier alternative to store bought granola bars. Oats are rich in fibre and are high in vitamins, minerals and antioxidants. Try it out today!

February is Heart Month! The featured wellness article for February is **The DASH Diet to lower high blood pressure** and the featured recipe is **Quinoa, Avocado, Broad beans, Feta, Za'atar and Pistachios**. These articles and recipes, plus more can be found at www.rewardingyourspirit.ca