

Rewarding  
Your Spirit

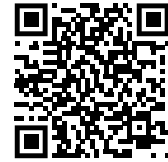
Live Well

**CINTAS**  
READY FOR THE WORKDAY®

## 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



## Total Rewards Statements

Be on the lookout for your Total Rewards Statement! Your Total Rewards Statement shows exactly how much Cintas invested in YOU in 2023. It also shares the total amount invested in all Cintas partners. It provides you with the pay you received from Cintas, and both your cost and the Company's cost of benefits coverage. It provides messages to help you LIVE WELL— physically, mentally, and financially. Total Rewards Statements will be distributed in April. Reach out to your HR manager if you have any questions.

**Lumino**  
Health

What is Lumino Health? Lumino Health provides services and trusted health resources for all Cintas partners. [Lumino Health](#) is a free online tool that helps Canadians [connect to health providers](#) such as dentists, registered dietitians and psychologists. Lumino Health also allows you to book appointments directly with a health provider, with many offering virtual visits. If you've just moved and are looking for a walk-in clinic or pharmacy in your area Lumino Health can help! Looking for helpful articles on topics such as Mental Health, Family Health or Diabetes? Find it on Lumino Health.

Lumino Health is Sun Life's wellness resource hub, and its mission is to simplify healthcare and empower you to be in charge of your own health journey. Download the Lumino Health app for your [iPhone](#) or [Android](#) phone to take your healthcare, *anywhere!*

This article [How to change your eating habits](#), reminds you that small changes still count. Gradually making the change to eat healthier is easier to stick to than when change is too drastic. Did you know the benefits of walking include helping to lower blood sugar and improving your heart health. [The Benefits of a Morning Walk](#) shares why the mornings could be the best time of day for a walk. Read for more info!



**Inkblot**

**Inkblot** is your Employee Assistance Program (EAP) who offers completely secure virtual care to help support your life, work and mental health challenges. Do you need a listening ear or support? Inkblot has a unique matching system that allows Cintas partners to select their own clinician, based on their needs and preferences. Your mental health information is kept **confidential** between you and your counsellor.



Inkblot provides the highest quality personalized care, with a confidential, convenient and affordable approach to help you feel motivated and be at your best. Inkblot offers services for: Mental health management, Stress management and reduction, Relationship and family support, Legal and financial consultation, and Research/advisory services. Checkout the [Wellness Hub](#) to read the latest health articles.

Staying active is important for maintaining your health and its good for your joints and muscles. This article on [Active Living](#) shares tips on prevention and treatment of injuries from participating in sports or other activities. Learn more about protecting your body while you move!

Register online today at [Inkblot Therapy](#). Inkblot is available 24/7/365. Cintas partners can also access Inkblot by phone 1-855-933-0103.

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### Wellness Website

March is Nutrition Month! The wellness article featured in March is [What's the Difference Between Omega-3 and Omega-6 Fats?](#) Learn about these healthy unsaturated fats and the health benefits we get from including them in our diet.

The featured recipe is [Honey grilled salmon and asparagus](#). Salmon is rich in omega-3 fats and benefits your immune system. Try pan frying the salmon, if you don't have a grill.



April's feature wellness topic is Neurodiversity. Learn about ADHD, the sign and symptoms, behaviours and treatment suggestions from this article **Attention Deficit Hyperactivity Disorder (ADHD)**. Read for some helpful tips for parents on how to better manage their children's behaviour. April's recipe is an **Apple Pie Smoothie** recipe! Check the website in April for these articles at [www.rewardingyourspirit.ca](http://www.rewardingyourspirit.ca).