



Benefits

Sysco offers benefits to support your total well-being, including your health, mind, security and community.

You and your covered dependents enrolled in a Sysco-sponsored medical plan have access to additional programs at no cost to you.

In 2023, commit to using your Sysco benefits to live your healthiest life.

Benefits Reminders for 2023

Be prepared for the new year and keep the following in mind:



ID Cards

If you enrolled in a Sysco-sponsored medical plan for the first time, changed plans or remained in the Basic or PPO Plan for 2023, you will get an Aetna medical ID card in early January. You will not get a new medical plan ID card if you remained in the HSA Plan or National HMO Plan for 2023. You can access an electronic version of your ID card anytime through the Aetna Health app or on [Aetna.com](https://www.aetna.com).



Make Sure Your Current Providers Are in the Network

Make sure your providers are in the network in 2023. On the home page of [SyscoBenefits.com](https://www.syscobenefits.com) under the *Get Started* menu, you'll find links to the medical, dental and vision provider look-up tools.



Flexible Spending Accounts (FSAs)

March 15, 2023, is the last day you can file a claim for eligible expenses incurred in 2022 using your Health Care Flexible Spending Account (HCFSA) and/or Dependent Care Flexible Spending Account (DCFSA).



Keep Your Beneficiaries Up to Date

If you did not review and update your beneficiaries during enrollment, now is a great time. Beneficiary updates can be made in the Total Rewards Café or by calling the Sysco Benefits Center at 1-800-55-SYSCO (1-800-557-9726) from Monday–Friday, 7 a.m.–7 p.m. CT.



Not sure which plan you're enrolled in?

To find your plan, log in to the Total Rewards Café by going to [SyscoBenefits.com](https://www.syscobenefits.com). Or scan this QR code to access the Total Rewards Café now.



Your Whole Well-Being

Sysco's benefits support your whole well-being, from annual checkups to specialty resources. Explore them today! You can find more information about your benefits on [SyscoBenefits.com](https://www.syscobenefits.com).

The Aetna Healthcare Advocate

With your Aetna Healthcare Advocate, you have a care team of highly trained advocates at your fingertips. The Healthcare Advocate is your personal health care assistant and will support you in navigating the healthcare system to:

- ✓ Get answers about a diagnosis
- ✓ Select a doctor
- ✓ Schedule appointments
- ✓ Use online tools
- ✓ Learn about your coverage
- ✓ Plan for upcoming treatment
- ✓ Estimate healthcare costs
- ✓ And more!

Connect with your Healthcare Advocate



Call the Healthcare Advocate at **1-833-361-0223**. Your dedicated team is available from 8 a.m. to 8 p.m., Monday through Friday in your time zone.



Live chat from 8 a.m. to 9 p.m. ET, Monday through Friday.



Send an email. Log in to your member account and select *Send a Message*. You'll get a response within 24 hours.

Employee Assistance Program (EAP)

In today's world, it can be difficult to achieve balance between work, home, family, behavioral health and more. That's why Sysco offers Aetna *Resources for Living*—our Employee Assistance Program (EAP)*—to help you when you need it most. The completely confidential EAP is available to you and your family members at no cost.

With the EAP, you and your family can access:

- ✓ 24/7 confidential emotional well-being support
- ✓ Daily Life Assistance program
- ✓ Legal services
- ✓ Financial services
- ✓ Online resources

Aetna Resources for Living

Call: 1-888-238-6232

Online: resourcesforliving.com

⇒ Username: **sysco**

⇒ Password: **eap**

*Available to all Sysco colleagues and their families, regardless of medical plan enrollment

Support Spotlight



We all need support from time to time. Sysco knows that and offers resources for you and your family. Here are just some of the additional Sysco benefits you can access. More details are in the Benefits Guide on SyscoBenefits.com.



New for 2023: Headspace

Find more joy, feel more refreshed and become a better you in just a few minutes each day! Headspace* is a 24/7 digital tool to support your mental clarity and improved mindfulness. You have access to hundreds of meditations and exercises for stress, focus, sleep and movement, all at no cost to you and two of your family members or friends.

Joining is easy!

1. Go to work.headspace.com/sysco/join or scan the QR code below.
2. Create a Headspace account if you've never used it before, or log in to your existing Headspace account.
3. Verify your last name and Associate ID (found in your Workday profile or on your pay slip).
4. Bring along two family members and friends. Go directly to the Headspace app or web application to get started.



RethinkCare

RethinkCare* supports working parents, caregivers and their families with access to expert behavioral clinicians, caregiver teleconsultations and 24/7 access to developmental and behavioral health e-learning tools and resources.

You'll have access to teleconsultations with behavior experts, how-to videos and printable information. In addition, you'll learn skills that will help you decrease problem behaviors, improve your home environment and learn to collaborate more effectively with school and other caregivers.



Omada

Back problems are common in our industry. Omada can help you build strength and flexibility or treat existing pain and injuries. Via your smartphone, Omada offers individualized, no-cost physical therapy guided by a virtual dedicated physical therapist.

- ✓ Recover with a personalized plan and ongoing guidance.
- ✓ Get direct access to a dedicated, licensed physical therapist.
- ✓ Save time by not having to travel to and from in-office visits.
- ✓ Pay nothing for physical therapy for you and your family.





Other Benefits for You and Your Family

Here are some other benefits that are part of your Sysco medical benefits. Go to the Benefits Guide on [SyscoBenefits.com](https://www.SyscoBenefits.com) to learn more about the following benefits.



Wellness Coaching Program

Free resources to help you and any dependents age 18 and over when you need help managing your weight or stress level, increasing your fitness level or quitting tobacco use.



Aetna Maternity Program

Aetna's Maternity Program helps expectant mothers better understand and manage their pregnancies through every phase. With the program, you'll get help making informed decisions throughout your pregnancy, advice on lowering your risk for early labor, assistance coping with postpartum depression and more.



AccessHope Cancer Support Resources

AccessHope provides connections to renowned providers from the country's best cancer centers in addition to recommendations using the latest treatments and research. The Cancer Support Line helps patients navigate the complexities of cancer care. The Expert Advisory Review experts review your diagnosis and work with your physician.



Transform Diabetes Care Program

The Transform Diabetes Care Program offers resources and services for patients managing diabetes. The program includes blood sugar monitoring, preventive health screenings, prescription refill reminders and more.



Autism Support Therapy

The medical plans cover Applied Behavioral Analysis therapy, Autism Spectrum Disorder Behavioral Therapy, advocacy services and additional therapies upon confirmation of medical necessity.





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