



# Benefits

## Get Ready to Enroll in Your 2023 Benefits



### Benefits Enrollment is November 16–30

If you do not enroll, you will only have the following company-paid Sysco benefits:

- ✔ Basic Life insurance
- ✔ Basic Accidental Death and Dismemberment insurance
- ✔ Short-Term and Long-Term Disability coverage
- ✔ Employee Assistance Program (EAP)
- ✔ Headspace
- ✔ RethinkCare



**Learn** about your 2023 Sysco benefits in the Benefits Brochure mailed to your home, and visit [SyscoBenefits.com](https://SyscoBenefits.com) to see all of the benefits Sysco offers you.



**Explore** the Benefits Warehouse on [SyscoBenefits.com](https://SyscoBenefits.com)—and customize your benefits learning experience.



**Select** your benefits from our four pillars of well-being that support your health, mind, security and community.



**Enroll** in your 2023 benefits by November 30! Enroll online in the *Total Rewards Café* via the link on [SyscoBenefits.com](https://SyscoBenefits.com) or call the Sysco Benefits Center at **1-800-55-SYSCO**.



Go to [SyscoBenefits.com/Coastal](https://SyscoBenefits.com/Coastal) to find out specific details about your benefits transition and to watch a video about your 2023 benefits.

