



Total
Rewards

Learn, Choose, Save!

Annual Benefits Enrollment is around the corner! We'll provide more information in the coming weeks. Right now, think about the coverage you and your family need for next year and make wise health care choices to keep yourself and your wallet healthy.

¿Habla español?

Escanee este código QR para obtener una versión en español de este correo.



Own Your Health Choices

Health care costs continue to increase in the market, and we know you need to keep costs affordable for you and your family. These tips will help you manage your expenses:



Use in-network providers

Out-of-network care costs more and can be unpredictable. Visit [Aetna.com](https://www.aetna.com) to find in-network doctors.



Go generic

Generic drugs work the same as name brand but cost much less. Ask your doctor if a generic alternative would work for you. Sysco also offers certain generic maintenance drugs at \$0 for some medical plans.



Stay on top of preventive care

Preventive medical and dental care and age-appropriate screenings are covered 100% by Sysco's health plans.



Take advantage of spending accounts

HSAs* and Health Care FSAs allow you to set aside pre-tax dollars to pay for eligible health care expenses.

**You must be enrolled in Sysco's HSA medical plan to participate in the HSA.*



Explore your options

Enrolled in a Sysco-sponsored national medical plan? You can receive additional financial support and guidance for non-elective surgeries through Lantern, including coverage for facility fees, anesthesia, and more. Scan the QR code to learn more.



Did You Know?

Each year, Sysco thoroughly reviews our benefits to make sure they remain affordable and offer competitive options for you and your family. We remain committed to offering proven vendors, services, and programs to you and your family in 2026 and beyond.

Know Where to Go for Care

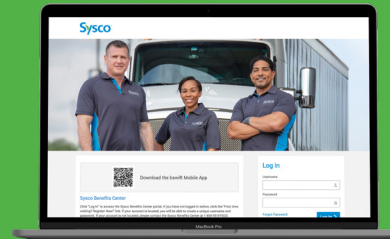
Know where to go for care based on the type of treatment you need for general medical care, how much you can expect to spend, and how quickly you need it.

	Telehealth (Virtual Care)	Primary Care Physician	Urgent Care Clinic	Emergency Room
Cost	\$	\$	\$ \$ \$	\$ \$ \$ \$ +
Symptoms	<ul style="list-style-type: none"> ✓ Common cold or flu, mild Covid-19 ✓ Sinus and ear infection ✓ Allergies, UTIs, etc. 	<ul style="list-style-type: none"> ✓ Basic health problems ✓ Chronic conditions ✓ Persistent joint pain 	<ul style="list-style-type: none"> ✓ Minor cuts, burns, or sprains ✓ Broken bones or bites ✓ Minor allergic reaction 	<ul style="list-style-type: none"> ✓ Uncontrolled bleeding ✓ Seizure or loss of consciousness ✓ Chest pain or pressure
Hours of Operation	24/7 No appointment needed	Business hours Appointment needed	Some extended hours No appointment needed	24/7
Wait Time	10-15 minutes	Varies	Varies	Usually long waits

Don't Miss Upcoming Communications

Beginning August 1, the Total Rewards Café will be known as the online Sysco Benefits Center. To make sure you don't miss important benefits information, update your preferred email address* in the online Sysco Benefits Center. See the FAQs on [SyscoBenefits.com](https://www.syscobenefits.com) for instructions on how to update your preferred email.

*Sysco ONLY shares personal email addresses with benefits carriers and administrators.



The information in this communication is intended to summarize your Sysco-sponsored benefits. Not all plan provisions, limitations, or exclusions are described in this publication. In case of a conflict between the information provided in this summary and the actual plan documents and insurance contracts, the plan documents and insurance contracts will govern. The plan sponsor has the right to change or terminate benefits at any time. The benefits described on [SyscoBenefits.com](https://www.syscobenefits.com) do not apply to colleagues eligible for benefits under a non-Sysco-sponsored benefit plan, such as alternative benefits options specified under a collective bargaining agreement.



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Sysco Benefits Center



Call 1-800-55-SYSCO (1-800-557-9726),
Monday through Friday, 7 a.m. – 7 p.m. CT
with questions about enrolling in benefits,
benefits eligibility, a qualifying life event, or
COBRA coverage. Translators are available.



Go online to [SyscoBenefits.com](https://www.SyscoBenefits.com) to review
or change your benefits.

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