



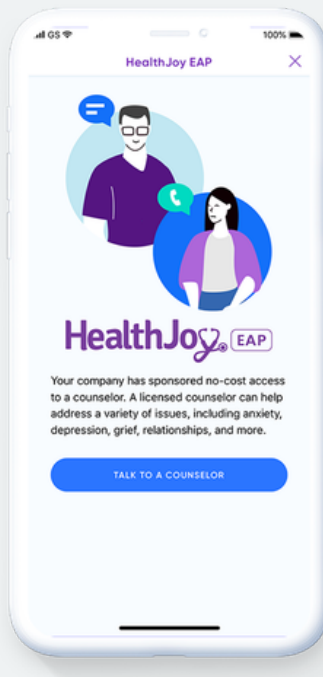
May 2026

BENEFIT NEWS

HEALTHJOY

Mindstream (trademark) is a fitness studio for your mind. It is an engaging and easy-to-use platform that provides live and on-demand sessions to help strengthen your life skills and emotional health. To get started follow the simple steps below:

1. Visit eap.healthjoy.com or use the mobile app. Click on “create account, enter the group code (loftonstaffing) and then create a personal profile. Existing users: simply log into your account.
2. Personalize your experience and find recommended live and on-demand sessions based on your preferred focus areas or schedule a mindfulness or meditation break with ease.



Begin your journey today, engage with a session anytime and anywhere. Return daily to track your progress, explore newly released sessions or revisit your favorites.

VITALITY WELLNESS PROGRAM

The 2026-2027 wellness program year is in full swing, all employees enrolled in major medical should already have the new guide, if not, please reach out to the Benefits Department. One important change to note is, if you have a covered spouse on the health plan, he/she will need to meet the same requirements as the employee by completing the biometric screening and earning 2500 points (silver status) to earn the premium incentive.



The American Worker[®]

Provided by Fringe Benefit Group

EXCITING NEWS!

Open enrollment dates will be announced soon for the American Worker coverages.

- Mini-Medical
- Dental
- Vision
- Life
- Short-term Disability
- Critical Illness

We are pleased to announce that all lines of coverage will be renewed at a **reduced rate!** Yes, you read that right. When these plans are renewed, members currently enrolled will see a rate reduction. Part-time and short-term assignment employees are eligible for this coverage. Be on the lookout for additional information soon!

