

# PSL PERKS OVERVIEW



## HEALTH & WELL-BEING

### Call to Health

### Call to Health

Well-being wholeness is important at PSL. [Call to Health](#) is a well-being program offered to all employees and spouses of the medical and prescription plan.

### Employee Assistance Program

Spring Health

[Spring Health](#) supports PSL employees and their immediate household members with many resources. Some of the resources include counseling, living will preparation, searching for pet daycare, senior care, and child care. More info on Spring Health can be found [here](#).

### Fitness



Access to Fitness Centers at select communities as well as the Highmark Fitness Your Way Program. Visit ['My HR'](#) for more information.

### My Chap App



A [personalized and proactive care service](#) for all Team Members, Residents and Their Families - at no cost! My Chap is available at select communities.

### Paid Time Off from Work



Paid time off from work is offered to full time and part time employees. This valuable time is necessary for employees and can be used for illness, personal matters and rest and relaxation.

Annual Leave ([AL](#)) time is provided to full-time and part-time employees. Paid Time Off ([PTO](#)) is provided to Senior Employees.

### Prudential Beneficiary Advocate



Prudential

A [comprehensive program](#) of beneficiary services to help, no matter what the issue.

### Shift Swap



Flexibility at work schedules. Contact your community human resources and scheduler for more details!

### Walking Trails



Walking trails are available at select communities. Enjoy the beauty of PSL's community grounds!

### Thrive Wellness



[Thrive Wellness](#) is derived from the Six Dimension Model: Vocational, Physical, Social, Intellectual, Spiritual and Emotional. [Yoga](#) and [meditation](#) videos available.



### Pet Insurance

Pet Insurance provided by Pet Partners is a benefit for all PSL employees. Cover your furry family members by enrolling through the [Pet Partners portal](#). Additional information on the benefit can be found [here](#).



'My HR' gives employees access to a PSL portal 24/7 to access paystubs, enroll in benefits, review the latest PSL news & information, view Ultipro Time & Attendance (UTA), and much more! There is also a 'My HR' app and UKG Wallet app for smart phones/devices.

**For more information on PSL Benefits visit: [www.psl.org/benefits](#)**

**Documents and more information can be found on: '[My HR](#)'**



Words highlighted in blue are links that take you to more resources.