

Wellness

Free Employee Resources



The following programs offer you support for living a healthy life and preventing illness. These programs are available at no cost to you.

Benefit Perks

This feature provides a broad array of services, discounts and special deals on consumer services, travel services, recreational services and much more. Simply access the site and register and you can begin using it now.

Learn more at: connerstrong.corestream.com

HealthyLearn

This resource covers over a thousand health and wellness topics in a simple, straight-forward manner. The HealthyLearn On-Demand Library features all the health information you need to be well and stay well.

Learn more at: healthylearn.com/connerstrong

BeneFIT Wellness Tips

These short wellness tips are intended to be brief and topical updates on issues related to health and wellness. They are sent out via email on a daily basis and help create a culture of awareness related to health and wellness.

GoodRx

Compare drug prices at local and mail-order pharmacies and discover free coupons and savings tips.

Learn more at: connerstrong.goodrx.com

GlobalFit / HUSK Wellness Program

Achieving optimal health and wellness doesn't have to be complicated or expensive. Access exclusive best-in-class pricing with some of the biggest brands in fitness, nutrition, and wellness with HUSK Marketplace. HUSK features include:

- Savings on gym and fitness center memberships
- Evidence-based health and nutrition programs led by registered dietitians
- Deals on home gym equipment and wearable technology
- On-demand virtual exercise classes
- Access to licensed therapists for mental health struggles

Learn more by calling **800.294.1500** or visit marketplace.huskwellness.com/connerstrong