# 💿 💿 💿 BAGEL BRANDS BENEFITS 🛛 💿 Ο



Manhattan BAGEL

# Medical & Supplemental Insurance

- Medical/Rx, Dental and Vision Insurance
- HSA (Health Savings Account) An alternative to a traditional medical insurance plan.
- FSA (Flexible Spending Account)<sup>M</sup> Employee sponsored spending accounts that allow you to set aside pre-tax dollars for medical and dependent care expenses.
- FlexAccess Rx<sup>M</sup> a coupon program for certain specialty drugs.

- Voluntary Life Insurance
- Voluntary Critical Illness, Accident and Hospital Indemnity Insurance
- Short-Term Disability\*\*
- Long-Term Disability
- Pet Insurance\*

NOAHS

• Travel Assistance

## **Retirement Planning**

- 401k\* (must be 21+ and employed for 3+ months)
- Non-Qualified Deferred Compensation

# **Personal Growth**

- ReThink (ReThink Care) e-learning and clinical support for children and adults with developmental disabilities. Provides parent and caregiver support as well.
- Omada<sup>M</sup> online weight loss program
- Adoption Assistance
- Tuition Reimbursement

## Mental Health & Wellness

#### **Employee Assistance Program\***

For the times in life when you might need help coping or figuring out what to do, EAP can guide you.

- Depression, grief, loss and emotional well being
- Family, marital and other relationship issues
- Life improvement and goal-setting

#### • Online will preparation

- Addictions such as alcohol and drug abuse
- Stress or anxiety with work or family
- Financial and legal concerns
- Identity theft and fraud resolution

#### Learn to Live\*

Your mental health and well-being resource, Learn to Live offers free, 100% confidential online programs for stress, anxiety and worry, depression, social anxiety, insomnia and substance use.

#### **Employee Discounts\***

Having fun, getting away and saving money are important for your well-being. Tickets at Work provides access to thousands of exclusive travel and entertainment discounts. Sprint Perks and Quicken Loans discounts are also available.

#### Hinge Health<sup>™</sup>

For those suffering from back and joint pain, Hinge Health offers a digital musculoskeletal customized care health plan. Your personalized health coach or physical therapist will guide you through exercise therapy in the app.

\* All part time employees who meet criteria are eligible.

- \*\* Bakers who work +15 hours per week are also eligible.
- <sup>M</sup> Must be enrolled in a medical health plan to participate.