

WELLNESS BENEFITS ROSEN HOTELS & RESORTS

Employee Assistance Program

Mental Health Counseling

8 sessions per need, renewed annually

Financial Counseling

30-60 minute consultations per topic, renewed annually

Legal Counseling

30-minute attorney consultation + 25% discount on ongoing services

Community Connector

Free or reduced cost resources like food, housing, transit, health, education, and work.

ID Theft Protection

60 minute consultation for help with disputing fraudulent charges and restoring your identity

Substance Use Disorder

Free resources to help you or someone you care about move towards recovery.

Premium Access to the Calm App

Mindfulness app designed to help reduce stress, improve sleep, and support mental health.

Premium Access to the AbleTo App

Wellness app that connects you with a coach and digital tools to help you build healthier habits.

Premium Access to the Uptime App

Learning app that offers 5-minute summaries of books, courses, and documentaries to help you learn faster.

W.O.W Factor Program

Free Fitness Classes like Yoga, Zumba, Pilates and Spinning

Associate-Led Groups like the Wellness Initiative Network and the Rosen Mighty Milers

Free Access to the Wellable App

Gym Memberships

Rosen Aquatic & Fitness Center

\$4 - \$5 per week (single membership)

Rosen Jewish Community Center

\$5 - \$7 per week (single membership)

Fitness CF

\$8 - \$9 per week (single membership)

Family Plans Available at All Locations

Health plan members and dependents get free gym access at the Rosen Medical Center.