

ROSEN HOTELS & RESORTS WELLNESS BENEFITS

Employee Assistance Program (EAP)

Available to all associates and their household family members.

GuidanceResources

8 sessions per year (in-person or virtual) with a licensed mental health counselor.

LegalConnect

Unlimited legal consultations by phone.

FinancialConnect

Unlimited financial consultations by phone.

FamilySource

Unlimited support for adoption, education, child care, elder care, pet care, relocation, and personal convenience needs.

Well-Being Coaching

5 sessions per year with a certified coach to help you achieve healthy lifestyle changes.

Access your benefits anytime through the option that work best for you!

Try the *GuidanceNow* app, visit www.guidanceresources.com (Web ID: Rosen), or call 888-355-6216.



Fitness Opportunities

Stay active with these fun wellness offerings:

Seasonal Sports Leagues

Join company leagues like Spring Softball or Fall Pickleball. Open to all associates, regardless of skill level or gender.

Workout Classes

Enjoy complimentary group classes like Yoga and Pilates. Designed for all fitness levels.

Wellable App

Get free access to track healthy habits like minutes exercised or healthy meals consumed.



Wellness Groups

Wellness Initiative Network (WIN)

Associate-led group dedicated to building a culture of wellness and connection.

Members meet regularly to brainstorm ideas and bring initiatives to life—from fitness and nutrition to mental health and community impact.

Rosen Mighty Milers (RMM)

Part of WIN, RMM is for associates who want to stay active through walking and running.

Whether you're just starting out or already racing, this group offers motivation and camaraderie.



Memberships

Take your fitness to the next level with affordable options:

Rosen Aquatic & Fitness Center
\$4-\$5/month (single plan)

Rosen Jewish Community Center
\$5-\$7/month (single plan)

Fitness CF
\$8-\$9/month (single plan)

Couple and family plans available!

FREE gym access at Rosen Medical Center for health plan members and dependents.



Wellness Perks

Indulge in relaxation and recreation with exclusive perks:

The Spa at Rosen Centre and Shingle Creek

Up to 50% off spa services (varies by day and location). Treat yourself to massages, facials, and more!

Golf Club

Enjoy a day on the greens at a special associate rate. Call 407-996-1559 for the latest availability and pricing.



Wellness Deals

Unlock exclusive savings on wellness products and services through TicketsatWork:

Visit www.ticketsatwork.com and access special discounts using Company Code: *RosenHotels*.

Featured Brands:

Fitness: Anytime Fitness, Crunch Fitness, Planet Fitness, Gold's Gym

Nutrition: Factor, HelloFresh, HungryRoot, Thrive Market

Lifestyle: FitBit, Noom, Nutrafol

FOR MORE INFORMATION, CONTACT WELLNESS@ROSENHOTELS.COM

