



# SouthCoast **HEALTH**

## **Employee Perks Booklet**



### **Employee Benefits/Programs and Business Discounts for Employees of SouthCoast Health**

**All items contained in this booklet are subject to change, please contact businesses regarding employer discounts. Questions regarding to SouthCoast Health Employee Benefits and Programs can be directed to Human Resources. The employee benefits and discounts mentioned herein are exclusively for active SouthCoast Health employees.**

**FITNESS OPPORTUNITY**

**FREE CIRCUIT TRAINING**

Employees may use the circuit training and weightlifting equipment for **FREE!** All full-time and part-time employees of SouthCoast Health may take advantage of this opportunity.

*(This opportunity is for employees only and doesn't include family members)* Non-employees can work out after paying the monthly gym fee.

**The SouthCoast Fitness & Wellness Center** is located in the Physical Therapy Department at: 1326 Eisenhower Drive, Bldg. 1

**(Please note there are No shower facilities available)**

Due to patients using the equipment during the day, Employees may only use the equipment:

**Monday – Friday**

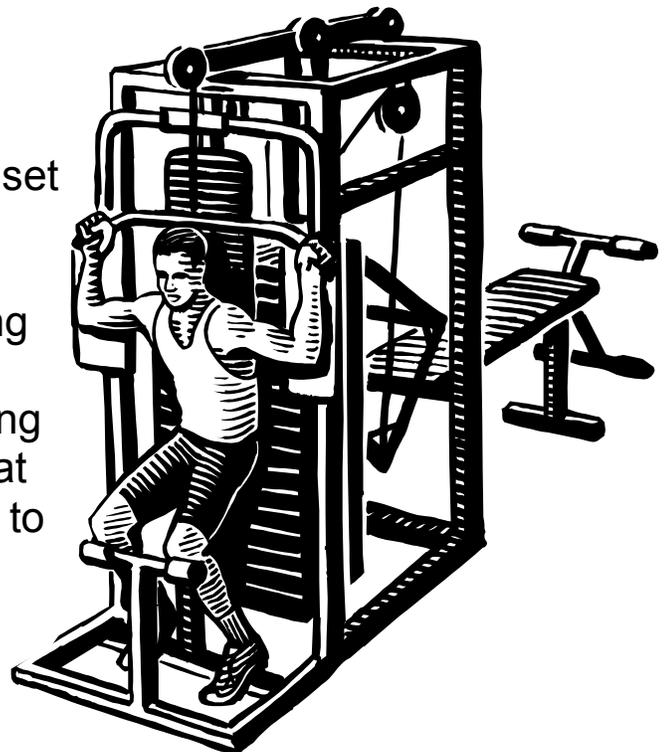
**Before work, from 6:00AM to 8:00AM**

**After work, from 6:00PM until 8:00PM**

Before you use the workout facilities, you must contact **Chris Curry at 691-4250** to set up an appointment.

You will be required to sign a waiver stating that you are using the equipment at your own risk. By exercising you will build strong bones and muscles. We see this as a great opportunity to give our employees access to the benefits of a weightlifting workout.

**Please limit Cardio workouts to 30 minutes when others are in the gym.**



## Health & Wellness

As a SouthCoast Health Employee, you are invited to become a member of St. Joseph's/Candler Wellness Center!

Membership is \$32 per individual and \$48 for family per month, there is a \$55 new membership fee per person.

### **Hours**

Monday-Thursday: 5:30 a.m.-9:00 p.m.

Friday: 5:30 a.m.-8:00 p.m.

Saturday: 7:00 a.m.-2:00 p.m.

Sunday: 12:00 pm-5:00 p.m.

### **Amenities**

- 7 Elliptical Crosstrainers, 10 Treadmills, 7 bikes, 2 Biodex's, 2 Concept Rowers and 2 Stairmasters
- Cardio Theatre on cardio equipment
- Full body variable resistance circuit equipment
- Free Weights
- Aerobic, Strength and Conditioning, Mindful Fitness Classes
- Locker rooms and towels
- Warm Water Therapy Pool

The Wellness Center also offers Group Fitness Classes, Personal Training and Nutrition Services. For more information, please visit their website at <http://www.sjchs.org/health-and-wellness/wellness-center> or contact them at 912-819.8800.





SouthCoast**HEALTH**  
EMPLOYEE REFERRAL PROGRAM



**Have you earned?**

**\$150.00 Dollars!**

**HAVE YOU REFERRED A NEW HIRE?**

**Who Do You Know?**

...that is looking for a new opportunity

...that would be a good coworker

...that you would recommend SouthCoast to as a great place to work

**Four Easy Steps to earn 150.00!!!**

<b>Four Easy Steps to earn 150.00!!!</b>	
<b>STEP 1</b>	Check the job openings list in your office
<b>STEP 2</b>	Tell your supervisor the name of the person you are referring for the job
<b>STEP 3</b>	Tell your referral to put <u>your name</u> in the "Referred by" section on the New Hire Information form completed during New Hire Orientation.
<b>STEP 4</b>	If your referral successfully completes the hiring process and works for 90 days, <u>you get \$50!</u>

**Sounds too easy?...**

**It gets better!**

**When your referral celebrates their one year anniversary with SouthCoast Health, *you are the one who celebrates with an additional \$100!***

**Now that is tooooo easy! Start today!**

# WHATEVER LIFE THROWS AT YOU - THROW IT OUR WAY.



## Life Assistance Program

**Life.** Just when you think you've got it figured out, along comes a challenge. Whether your needs are big or small, your Life Assistance & Work/Life Support Program is there for you. It can help you and your family find solutions and restore your peace of mind.

### Call us anytime, any day.

We're just a phone call away whenever you need us. At no extra cost to you. An advocate can help you assess your needs and develop a solution. He or she can also direct you to community resources and online tools.

### Visit a specialist.

You have five face-to-face sessions with a behavioral counselor available to you - and your household members.\* Call us to request a referral.

### Reward yourself.

Access our Healthy Rewards\*\*\* discount program. You can get discounts on health and wellness products and services.

### Achieve work/life balance.

If you'd like help handling life's demands, call us for extra support. We can refer you to a service in your community. Or provide guidance on topics such as:



**Legal consultation.\*\*\*** Receive a free 30-minute consultation. And up to a 25% discount on select fees.



**Parenting.** Get guidance on child development, sibling rivalry, separation anxiety and much more.



**Senior care.** Learn how to solve the challenges of caring for an aging loved one.



**Child care.** Whether you need care all day or just after school, find a place that's right for your family.



**Pet care.** From grooming to boarding to veterinary services, find what you need to care for your pet.



**Financial Services & Referral.** Receive a free 30-minute consultation and 25% discount on select fees with network providers.



Life Assistance Program - 24/7 support

800.538.3543

[www.cignabehavioral.com/cgi](http://www.cignabehavioral.com/cgi)

**Together, all the way.™**



\* For employee participants who reside in California and Nevada, and their dependents: up to three (3) in a rolling six (6) month period.

\*\* Some Healthy Rewards programs are not available in all states. If your Cigna plan includes coverage for any of these services, this program is in addition to, not instead of, your plan benefits. A discount program is NOT insurance, and you must pay the entire discounted charge.

\*\*\* Legal consultations and discounts are excluded for employment-related issues.

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A special opportunity for  
***SouthCoast*** Employees

Do you know all the benefits AAA members enjoy?

Besides nationwide AAA Emergency Road Service,  
members get great discounts every day on:

◆ Dining, hotels and travel	◆ Attraction and movie tickets
◆ Eyeglasses, contact lenses and exams	◆ Auto service and parts
◆ Rental cars and trucks	◆ Shoes, clothing and accessories
◆ Auto Insurance for qualified drivers	◆ And much, <i>much</i> more

**Special Offer!**

New members receive a \$5 discount, and both new and existing members get **50% off new Associate Membership\*** for immediate family members!

Basic Primary Membership - \$66 standard price, \$61 discounted rate

Associate Basic Membership – \$30 standard price, \$15 discounted rate! **50% off**

Associate PLUS Membership – \$53 standard price, \$26.50 discounted rate! **50% off**

**PLUS Primary Membership - \$99 standard price, \$94 discounted rate**

The discount is available only from Barbara Hartland

Call me TODAY!

(912) 353-1066

bhartland@aaasouth.com

Come find out why AAA is 50 million strong, and see for yourself  
how an AAA card can be the most valuable card in your wallet!

Call today with questions or to enroll by phone.



# EXCLUSIVE SAVINGS FROM VERIZON WIRELESS



## SouthCoast Health Employees

Save big with Verizon Wireless and Premier Purchasing Partners.

Verizon Wireless is proud to be your wireless service provider. This means you'll get access to America's Most Reliable Wireless Network, plus great deals on Calling Plans and all of our latest phones and accessories.

**Plus, with select Verizon Wireless Nationwide Plans, you'll receive:**

**Unlimited National Mobile to Mobile Calling Minutes**

Call more people and use zero minutes with Unlimited Mobile to Mobile Calling to more than 80 million Verizon Wireless customers.

**No Domestic Roaming or Long-Distance Charges**

Coverage not available everywhere. Airtime charges apply.

**Unlimited Night & Week Minutes**

Night hours: (Mon-Fri) 9:01 p.m.-5:59 a.m.

Weekend hours: (Sat-Sun) 12:00 a.m.-11:59 p.m.



Sign up with Verizon Wireless and take advantage of these exclusive savings.

Save 19% off your Verizon monthly access fees.

1- or 2-year line term on eligible Calling Plans \$34.99 or higher required.

Get 25% off eligible Verizon Wireless accessories.

**TO APPLY FOR THE EMPLOYEE DISCOUNT GO TO:**

**[WWW.VERIZONWIRELESS.COM/DISCOUNTS](http://WWW.VERIZONWIRELESS.COM/DISCOUNTS)**

Please contact your Verizon Wireless business specialist for additional information on products, pricing and services.

**Pamela Price**

Business Development

Pamela Price@VerizonWireless.com

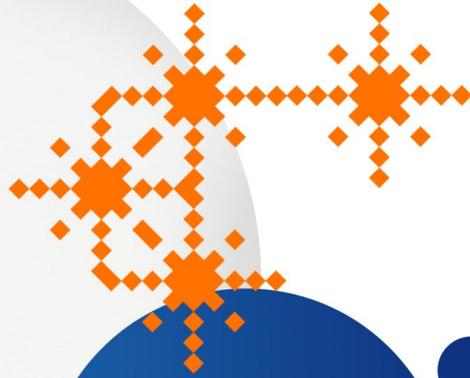
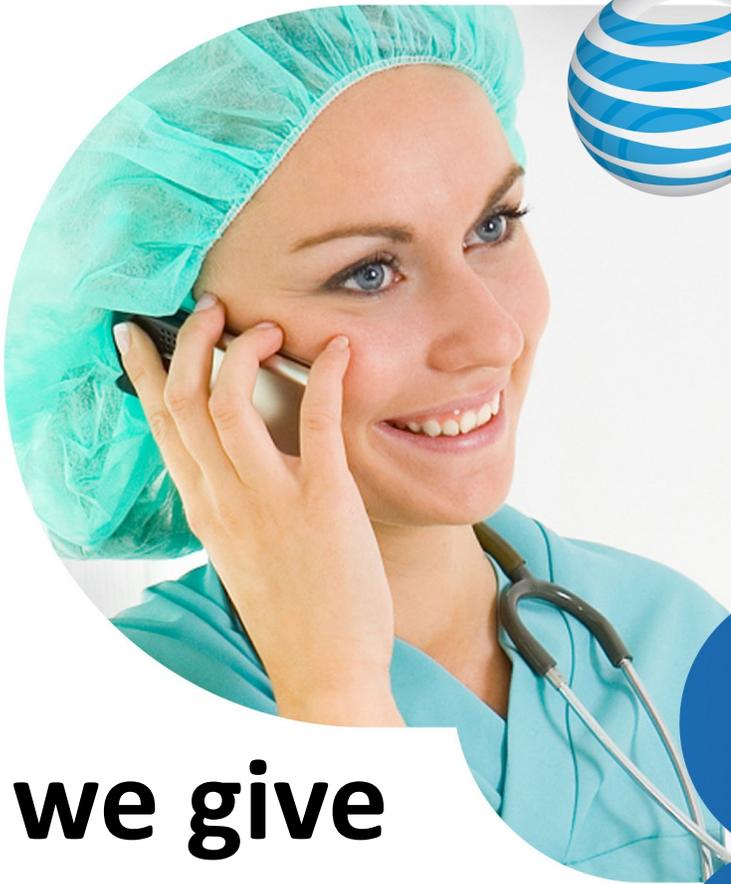
Mobile Phone: (912) 429-5555

**INCREDIBLE SAVINGS  
ON WIRELESS DEVICES**

Activation fee/line: up to \$35 (\$25 for secondary Family SharePlan® lines w/ 2-yr Agmts). IMPORTANT CONSUMER INFORMATION: Employee Subscribers are subject to Customer Agmt, Calling Plan and credit approval. Up to \$175 early termination fee (\$350 for advanced devices) and other charges. Certain features require addl software or downloads; addl charges may apply. Offers and coverage, varying by service, not available everywhere. While supplies last. In CA: Sales tax based on full retail price of phone. Shipping charges may apply. For additional information on Calling Plans, features, network details and coverage maps, see vzw.com. ©2010 Verizon Wireless.



# AT & T Discount



**\$50 Credit**

on new wireless accounts

**Save 25%**

on qualified AT&T monthly wireless plans.

## we give you credit

**get credits on our service.**

For all you do in your line of work, let us serve you every day with reliable AT&T wireless service. Surf the Web and talk at the same time. Enjoy the best global coverage of any U.S. carrier. Access thousands of apps. Save with affordable rate plans, starting at \$15. Expect even more. You deserve it.

### Take credit now.

Order online today and enjoy your discount, plus a \$50 credit.

Company Name: **SouthCoast Health**

FAN Discount Code: **03044281**

To receive your discount, visit:

**[www.att.com/wireless/premiergpo](http://www.att.com/wireless/premiergpo)**

Find us locally at [www.att.com/find-a-store](http://www.att.com/find-a-store)

Visit our landing page to get your discount. Download the FREE AT&T Code Scanner at <http://scan.mobi> or appropriate handset app store.

1A \$50 one-time service credit (the "Activation Credit") to each new or existing Individual Responsibility User ("IRU") who (a) activates new wireless service through Premier, with a voice or data plan priced at \$34.99 per month or higher with a 2-year service agreement, and (b) remains on active Service under such plan at the time the Activation Credit is applied.

**IMPORTANT INFORMATION: Limited-time offer.** Requires a 2-year agreement on a qualified plan. Credit approval required. Geographic, usage and other conditions and restrictions (that may result in service termination) apply. Taxes and other charges apply. Prices and equipment vary by market and many not be available from independent retailers. See store or visit [att.com](http://att.com) for details and coverage map. Visit AT&T store for details on trade-ins. AT&T Unlimited Messaging and Mobile to Any Mobile Calling: Available on select Nation and FamilyTalk plans. Direct calls to and from US mobile numbers only. International calls and roaming excluded. Other conditions and restrictions apply. **Smartphone Data Plan Requirement:** Smartphones require a DataPlus (200MB) or DataPro (2GB) plan. If you exceed your initial data allowance, you will automatically be charged an additional \$10 for each additional 1GB provided on DataPro or an additional \$15 for each additional 200MB provided on DataPlus. All data allowances, including overages, must be used in the billing period in which the allowance is provided or they will be forfeited. **For more details on Data Plans, go to [att.com/dataplans](http://att.com/dataplans).** **Early Termination Fee (ETF):** None if cancelled during the first 30 days, but up to \$35 restocking fee may apply to equipment returns; thereafter ETF up to \$150 or \$325 applies depending on device (details at [att.com/equipmentETF](http://att.com/equipmentETF)). Agents may impose additional fees. Subject to change. **Regulatory Cost Recovery Charge** up to \$1.25/mo is charged to help defray costs of complying with government obligations and charges on AT&T and is not a tax or government required charge. **Unused Rollover Minutes** expire after the 12th billing period of the month minutes have been accumulated. Night and Weekend, and Mobile to Mobile Minutes not included. **Monthly discount:** Available to qualified employees of companies and/or government agencies with a qualified business agreement ("Business Agreement"). Must provide requisite proof of government employment. Eligibility for offer ceases when you are no longer a qualified government employee or retiree. Service discount may be interrupted and/or discontinued without notice to you. Service discount applies only to the monthly service charge of qualified plans and not to any other charges. A minimum number of employees, minimum monthly service charge for qualified plans, additional AT&T services or other requirements may apply for discount eligibility. Discounts may not be combined. Offer subject to change at any time.

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# Save up to 60%

on tickets, travel  
and shopping!

SouthCoast Health employees are eligible for the Working Advantage discount program.

**Register for your FREE account today!**

- Go to [www.workingadvantage.com](http://www.workingadvantage.com)
- Select the **Register** button at the top of the page
- Select **Employees Click Here**
- Enter **Member ID # 745831589**



## Exclusive discounts include:

### Entertainment

Save up to 60% on movie tickets, theme parks, ski resorts, hotels, museums, zoos, attractions, aquariums and more!

### Theatre & Events

Find great seats and super deals on a huge selection of Tony Award®-winning Broadway shows, family events, concerts and sporting events nationwide.

### Shopping & Gifts

Working Advantage has partnered with your favorite online retailers to bring you excellent discounts on apparel, books and music, electronics, office supplies, flowers, food, and home. Don't miss our wide selection of gift certificates for everyone on your list.

### Earn Rewards

Look for the Advantage Point symbol and earn points to be redeemed for movie tickets, gift cards, and more.



[www.workingadvantage.com](http://www.workingadvantage.com) or call (800) 565-3712

# Bearly Sick



at

ST. Joseph's/Candler

Live smart.



Bearly Sick is a childcare program for mildly ill children, open to St. Joseph's/Candler employees, children of our business partners and other working parents. At Bearly Sick, your child receives special attention for minor illnesses such as a cold or the flu.

The program was designed for children ages 3 months to 14 years old who are too sick to go to school or daycare. While meals and snacks are included in the fee, diapers, formula, medications, bottles and other personal items must be brought from home. Immunization records are required to be up to date and on file, so please bring a copy with you.

## **Hours of Operation**

Monday through Friday, 6:30 a.m. to 6:30 p.m. (except on holidays)

## **Contact Information**

(912) 819-7382 at the Candler Hospital, next to the Pediatric Unit

Registration is required by calling Bearly Sick at (912) 819-7382, during business hours, or after-hours by calling the pediatric nurses' station at (912) 819-6215. A nominal fee may apply.