## Wellbeing Resources on MarketPlace™ Perks at Work

Insperity Perks at Work offers discounts and member pricing for a variety of products and services to support your family's wellbeing, including:

- · Gym memberships and exercise equipment
- · Nutrition counseling
- · Weight management programs
- On-demand therapy and telehealth options
- Tutoring and continuing education programs
- · Discounts on childcare services
- At-home meal and grocery delivery services
- Supplemental insurance
- · Pet health insurance
- · Household needs, gifts and electronics
- Travel needs including cruises, rental cars, hotels and more

## **WOWPoints**

When you purchase through MarketPlace, you can also earn WOWPoints to redeem for prizes or credit. WOWPoints never expire, have no blackout dates, and can be earned on top of other rewards like airline miles. Credit rewards can be used like cash to shop online, and every 100 WOWPoints earns \$1 in credit.

## **Virtual classes with Community Online Academy**

MarketPlace Perks at Work also features complimentary access to Community Online Academy (COA), which offers live and pre-recorded courses on a wide variety of topics, including meditation, physical wellness, hobbies, and personal development. Course examples include:

- Mindfulness, journaling, breathing exercises, and guided meditation
- Yoga, Pilates, stretching, and physical therapy exercises
- · Leadership skills, public speaking, coding, and professional development
- · Strength training, dance, HIIT, and aerobics classes
- · Hobby courses such as knitting, drawing, and cooking