

# MY TOTAL HEALTH

*Nourishing  
Employee Wellbeing*

## **TOGETHER, WE CAN DO BETTER**

Although we are all accountable for our health, we all can use some help and motivation to achieve and maintain our health goals. Just like the partner who is urging you to eat right, walk a bit more, or come outside and exercise, together, we can do better. And that's where Total Health comes in.



# TOTAL HEALTH AT KELLOGG

Total Health focuses on helping you have a positive and supportive environment — where you are supported in your journey to be your best — **physically, financially, emotionally** and **socially**.

Total Health aims to help you with the confidence you need to achieve your short- and long-term health goals, new or old.

## WE CARE ABOUT YOUR TOTAL HEALTH

If you look at news headlines these days, health risks are on the rise and are taking a toll on our Total Health.

Increasing personal debt, rising anxiety and depression, and multiple chronic medical conditions are just a handful of growing concerns. Plus, the challenges brought on by COVID-19, such as isolation and balancing family priorities, have added to our health risks.

No matter where you are on your Total Health journey, we are here to support you every step of the way.



# TOTAL HEALTH AT KELLOGG

Total Health focuses on helping you have a positive and supportive environment — where you are supported in your journey to be your best — **physically, financially, emotionally** and **socially**. Total Health aims to help you with the confidence you need to achieve your short- and long-term health goals, new or old.



*Total Health is part of a broader company philosophy that continues to be introduced to Kellogg employees all around the world.*

## WHY TOTAL HEALTH?

We are our best selves when we feel well and are healthy — physically, financially, emotionally and socially. Having good health in each of these areas leads to personal growth and engagement both at work and at home.

## WHAT DOES TOTAL HEALTH LOOK LIKE?

Good health is much more than just being physically fit. It's feeling confident about your finances — being able to live comfortably day-to-day and save money for your future. It's feeling that you have a positive support system to lean on and emotional control to get you through tough situations. It's enjoying moments spent with colleagues and family, and a special sense of purpose from helping others in the community.

We each have different needs and circumstances when it comes to achieving and maintaining good Total Health for ourselves and our families. Discover what Total Health means for you!



### PHYSICAL HEALTH

Being physically healthy means feeling well and having energy to get the most from our personal and professional lives.

Examples of Physical Health in Action:

- Getting 10,000 steps a day
- Practicing preventive care, such as seeing your doctor every year for a check-up
- Incorporating healthy foods into your diet



### EMOTIONAL HEALTH

Being emotionally healthy means successfully integrating our personal and professional lives, feeling capable of working through life's challenges and able to support others in difficult moments.

Examples of Emotional Health in Action:

- Taking time for self-care
- Seeking help, including through the Employee Assistance Program (EAP), if you're feeling overwhelmed



### FINANCIAL HEALTH

Being financially healthy means having resources to meet day-to-day financial needs and achieve long-term savings.

Examples of Financial Health in Action:

- Using coupons when grocery shopping
- Saving for an emergency fund
- Budgeting for an upcoming expense, like buying a car
- Proactively planning for your retirement



### SOCIAL HEALTH

Social health is feeling a sense of belonging and connected to the world around us.

Examples of Social Health in Action:

- Volunteering at your community food bank
- Participating in community events, social clubs or faith-based gatherings
- Getting to know your neighbors

## GEAR UP FOR TOTAL HEALTH AT KELLOGG!

We are excited about Total Health and want you to get involved. Stay tuned as we introduce new Total Health events, approaches, partners and benefits to address your unique health needs and goals.

### Keep an eye out for more information on Total Health.

In the coming months, you'll be seeing more resources and activities to support you!



Kellogg Benefits Center  
P.O. Box 9920  
Providence, RI 02940-4020

## **IMPROVED HEALTH IS AN EVOLUTION**

Total Health programs and offerings are always evolving to meet the needs of all employees.

### *Questions?*

If you are interested in learning more about Total Health at Kellogg, please contact the Kellogg Benefits Center at 888-280-6933.