



Call to Health

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Well-being wholeness is important at PSL. [Call to Health](#) is a well-being program offered to all employees and spouses of the medical and prescription plan.

Employee Assistance Program Cigna

[CIGNA](#) supports PSL employees and their immediate household members with many resources. Some of the resources include counseling, living will preparation, searching for pet daycare, senior care, and child care. More info on CIGNA can be found on [‘My HR’](#).

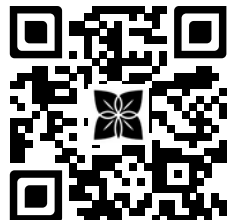
Fitness

Access to Fitness Centers at select communities as well as the Highmark Fitness Your Way Program. Visit [‘My HR’](#) for more information.

Paid Time Off from Work

Paid time off from work is offered to full time and part time employees. This valuable time is necessary for employees and can be used for illness, personal matters and rest and relaxation.

Annual Leave ([AL](#)) time is provided to full-time and part-time [employees](#). Paid Time Off ([PTO](#)) is provided to Senior Employees.



Prudential Beneficiary Advocate Prudential

A [comprehensive program](#) of beneficiary services to help, no matter what the issue.

Shift Swap

Flexibility at work schedules. Contact your community human resources and scheduler for more details!

Walking Trails

Walking trails are available at select communities. Enjoy the beauty of PSL’s community grounds!

Thrive Wellness

[Thrive Wellness](#) is derived from the Six Dimension Model: Vocational, Physical, Social, Intellectual, Spiritual and Emotional. [Yoga](#) and [meditation](#) videos available.

Words highlighted in blue are links that take you to more resources.



‘My HR’ gives employees access to a PSL portal 24/7 to access paystubs, enroll in benefits, review the latest PSL news & information, view Ultipro Time & Attendance (UTA), and much more! There is also a ‘My HR’ app and UKG Wallet app for smart phones/devices.

For more information on PSL Benefits visit: www.psl.org/benefits
Documents and more information can be found on: [‘My HR’](#)