

## PHYSICAL HEALTH

PCA believes that it is important to promote the health of our employees and to foster a healthy work environment. We have a number of workplace health and wellness programs to improve employee health, productivity, recruitment and retention, organizational culture and employee morale.

- Health, Dental and Vision insurance
- Health plan discounts: Fitness, Smoking Cessation, Eye and Ear, Holistic Wellness, and Senior/Dependent Care
- Fitness membership reimbursement
- Weight loss program reimbursement
- Employee Assistance Program
- In-house flu shots
- In-house ergonomic workshops, and accommodations
- In-house meditation and wellness opportunities
- In-house health educational workshops