

# Well-Being at AECOM Canada

We all know it's important to focus on our well-being. But figuring out what to focus on and how to stay on track and motivated can be challenging!

Well-Being at AECOM can help you manage or improve your well-being. And to help with motivation, the program includes rewards you can earn along your well-being journey.



## Register or log in starting January 1

You can register online or through the Sprout at Work app (using the program name **aecomwellbeing**). You can find registration/login and app links at [benefitsatAECOM.com/well-being](https://benefitsatAECOM.com/well-being).

## Click to learn about:

- ▶ Earning rewards
- ▶ Well-being moments
- ▶ What we'll focus on

Questions about the Sprout platform? Please contact [support@sproutatwork.com](mailto:support@sproutatwork.com).

Questions about Well-Being at AECOM? Please contact [globalwellbeing@aecom.com](mailto:globalwellbeing@aecom.com).



## Earn rewards

### Complete activities and challenges to earn points

- You can earn points by completing and tracking your well-being activities — such as walking, eating well, meditating, budgeting, completing an AECOM Safety training course, participating in a Corporate Responsibility event and more.
- You can also earn points by participating in fun and friendly well-being challenges throughout the year.

### Unlock badges and receive Well-Being Bucks redeemable for gift cards

- As you earn points, you can unlock badges and, you receive Well-Being Bucks that are redeemable for e-gift cards for retailers such as Air Canada, Amazon, Bass Pro Shop, Groupon, iTunes, Starbucks and more.
- You can earn up to \$25 Well-Being Bucks per quarter.
- Well-Being Bucks carry over from one quarter to the next.
- You have until the end of the year to redeem your Well-Being Bucks.



**5,000 points unlocks Bronze = 5 Well-Being Bucks = \$5 in the Rewards Store**



**15,000 points unlocks Silver = 10 Well-Being Bucks = \$10 in the Rewards Store**



**25,000 points unlocks Gold = 10 Well-Being Bucks = \$10 in the Rewards Store**



## Share your favorite well-being moments

The moment you lace up your sneakers to take a walk, the moment you order the salad instead of the burger, the moment you don't buy the expensive sweater you don't need — these are the moments that make up well-being.

Share photos or videos of your well-being moments to Instagram on Twitter with #MyMomentToBeWell, post them on the Sprout platform with #MyMomentToBeWell, or email them to [globalwellbeing@aecom.com](mailto:globalwellbeing@aecom.com).

When you share your moment, you can earn 25 points towards your quarterly reward. Get inspired by your colleagues' **well-being moments**, too!

## Global Well-Being and Canada Well-Being

As a Canada employee, you have access to Canada Well-Being — the Sprout platform, quarterly rewards and challenges — as well as Global Well-Being — activities and resources available on the [Global Well-Being website](#). When you participate in many of the Global Well-Being activities, you can track those activities on the Sprout platform and earn points toward your quarterly rewards:

- Participate in a Global Well-Being WELLbinar and track your activity on the Sprout platform for 50 points.
- Use budget planning resources on the Global Well-Being site and track your activity for 50 points on the Sprout site.
- And many more!

Explore [WellBeingAtAECOM.com](http://WellBeingAtAECOM.com) to find more tools, resources and activities to support your well-being and earn points, too.