

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.



Getting started

You and your spouse can register online at the [Sprout website](#) or through the Sprout at Work app (using the program name **aecomwellbeing**).

For employees

Enter your Access ID and password. Your Access ID can be found on your Sun Life health ID card and:

- * **For DCS employees**, your Access ID is your Workday ID.
- * **For EOM employees**, your Access ID is your Employee ID.

For spouses

Enter your spouse's Access ID and add an 's' to the end (e.g., "123456s").
For your department, enter "spouse."

Find more information and links at 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.

Questions about Well-Being at AECOM? Please contact 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, Home Depot, iTunes, Starbucks, Visa, Walmart 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. Please note: You must redeem your Well-Being Bucks by December 31 or you lose them!



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.

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 and your spouse 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 25 points on the Sprout site.
- Find more tools, resources and activities to support your well-being (and earn points too).