



Global Wellness Policy

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Health and Wellness is a leading topic for individuals and corporations. Health and Wellness initiatives can improve employee engagement and productivity when programs address a broad spectrum of well-being. Studies show wellness programs help lower health care costs, increase productivity, decrease absenteeism and increase morale.

CA is committed to the health and wellness of our residents, and employees. At CA, we view wellness through seven pillars: physical, emotional, intellectual, social, spiritual, environmental and occupational.

1. **Physical wellness** encompasses a variety of healthy behaviors including adequate exercise, proper nutrition and abstaining from harmful habits such as drug use and alcohol abuse. It means learning about and identifying symptoms of disease, getting regular medical checkups and protecting yourself from injuries and harm.
2. **Emotional wellness** encompasses optimism, self-esteem, self-acceptance and the ability to share feelings. Being emotionally well is typically defined as possessing the ability to feel and express human emotions such as happiness, sadness and anger.
3. **Intellectual wellness** encourages creative, stimulating mental activities. People who possess a high level of intellectual wellness have an active mind and strive to constantly learn.
4. **Social wellness** refers to our ability to interact successfully in our global community and to live up to the expectations and demands of our personal roles. This means learning good communication skills, developing relationships with others and creating a support network of friends and family members.
5. **Spiritual wellness** involves possessing a set of beliefs, principles or values that help give direction to one's life. It encompasses a high level of commitment to your individual principles and values that provide a sense of meaning and purpose.
6. **Environmental wellness** is an awareness of the unstable state of the earth and the effects of your daily habits on the physical environment. It consists of maintaining a way of life that maximizes harmony with the earth and minimizes harm to the environment. It includes being involved in socially responsible activities to protect the environment.
7. **Occupational wellness** involves preparing and making use of your gifts, skills and talents to gain purpose, happiness and enrichment in your life. The development of occupational wellness is related to your satisfaction and attitude about your work.

Through this policy, CA aims to:

- ✓ Make wellness accessible for all
- ✓ Introduce resources that enable sustainable wellness
- ✓ Encourage active participation in the individual's wellness journey
- ✓ Increase awareness of the benefits of the seven pillars of wellness
- ✓ Provide thoughtfully appointed spaces for physical wellness