

OUR WELLNESS STRATEGY

At SaskPower, we believe that our greatest asset is our people. Your and your family's health and well-being are important. We are committed to providing the tools and support needed to help everyone thrive both personally and professionally.

When we talk about wellness, it's more than just not getting sick. It's about supporting your physical, mental and social health so you can feel your best, both at work and at home. We have a variety of programs that can be tailored to meet your unique needs.

The following is just a sample of what services you can access as a SaskPower employee or family member.

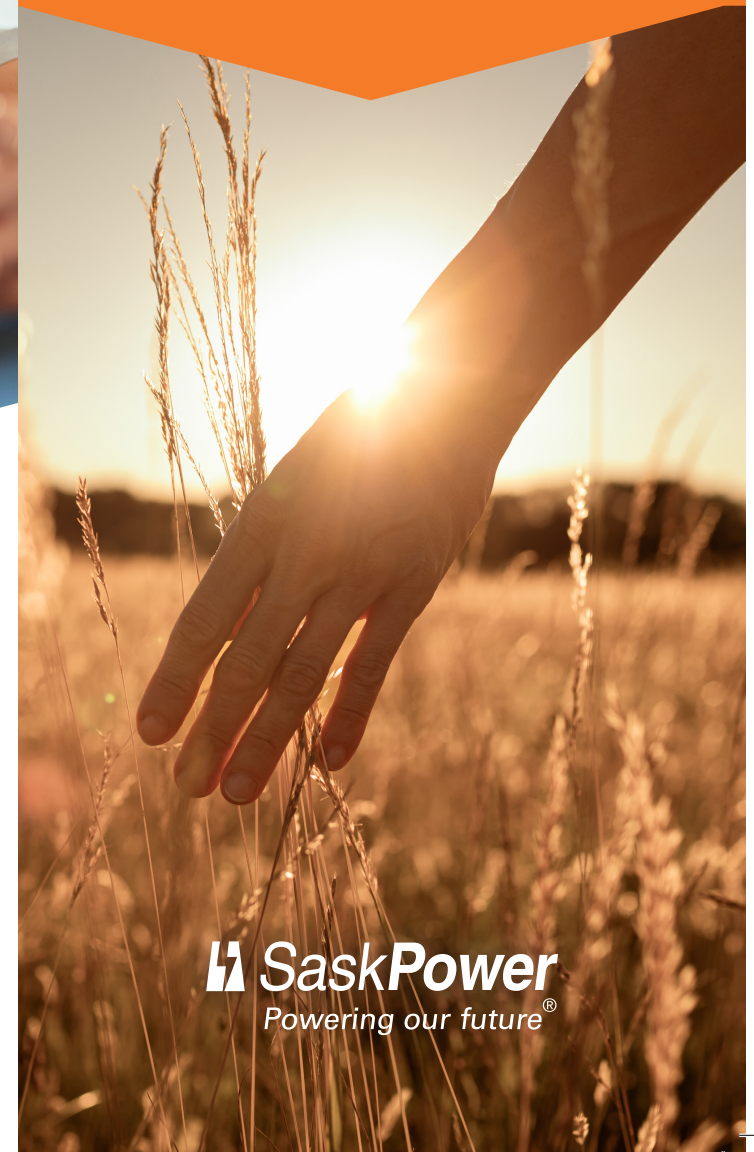


CONTACT US

For more information on these or any of our programs, visit the EIN or contact Health and Wellness Services at healthandwellness@saskpower.com



SASKPOWER HEALTH & WELLNESS SERVICES





PHYSICAL WELLNESS

Maple Virtual Healthcare

SaskPower employees and their families have access to MAPLE, Canada's leading virtual healthcare platform. It offers fully covered, unlimited access to general practitioners, anytime, anywhere.

Through MAPLE, you can:

- connect with Canadian-licensed doctors and nurse practitioners within minutes via secure text, video, or audio chat.
- receive medical advice, prescriptions, lab requisitions, and referrals from the comfort of your home.
- access care 24/7/365, making it easier to fit healthcare into your schedule 27/7/365.

To register, visit: <https://app.getmaple.ca/register> and use your SaskPower email.

Healthcare Spending Account

SaskPower's Healthcare Spending Account (HCSA) is a flexible, tax-effective benefit designed to support your health and wellbeing beyond the standard coverage.

Eligible employees can direct funds to their HCSA to cover a wide range of medical and dental expenses not reimbursed by regular plans.

Claims are simple to submit through Canada Life, and eligible expenses can be carried forward for added flexibility.

Fitness Equipment Purchase Program

SaskPower's Fitness Equipment Purchase Program makes it easier to invest in personal fitness. Whether you're looking for cardio machines, resistance gear, or recreational items like bikes or paddle boards, this program offers financial flexibility through convenient payroll deductions as an interest-free loan.

MENTAL WELLNESS

EFAP by Kii Health

The Employee and Family Assistance Program (EFAP) provides a wide range of valuable resources and support services for employees, their spouses and dependants. EFAP can be accessed through multiple platforms without the need for an app, ensuring help is always within reach.

All services are confidential and provided at no cost.

EFAP services include, but are not limited to:

- short-term, solution-focused counselling available in person, virtually or by telephone
- work/life support, including access to legal and financial advisors
- life coaching to help overcome perceived obstacles, set goals and realize personal potential
- daily living consultation to assist with

locating childcare, eldercare and other essential services

- health and wellness advisors offering guidance on smoking cessation, nutrition, sleep improvement and more

To access, visit <https://kiihealth.ca> or call **1 (800) 493-3327**.

Use SaskPower's code: **SAP0624**

Headversity

Headversity is a mobile app designed to support your mental wellbeing and help you build resilience in managing everyday challenges. Headversity is available for employees, their spouses and dependants.

To access, visit <https://apps.headversity.com/login> or download the app from the App Store. Use code: **SPW732** (employee) or **SPWFAM** (family member)

Counselling Coverage Through Extended Health Benefits

All employees, their spouses, and dependants are eligible for up to \$1,000 in counselling coverage per calendar year.

This benefit can be used for sessions with approved treatment providers, including registered psychologists, social workers, and a growing list of certified mental health professionals such as psychotherapists and counsellors.