

WELLNESS NEWSLETTER



TIRE RACK *WELLNESS WORKS*

energize, empower, encourage

THANK YOU FOR ALL THAT YOU DO

THE TIRE RACK WELLNESS WORKS PROGRAM IS DEDICATED TO SUPPORTING A HEALTHY AND HAPPY WORKPLACE CULTURE THAT IN TURN SUPPORTS THE HEALTH AND POSITIVE WELL-BEING OF ALL TIRE RACK EMPLOYEES AND THEIR FAMILIES. HERE'S TO YOU AND ALL THAT YOU DO FOR OUR COMPANY - THANK YOU!

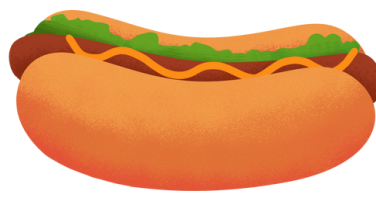


Sam's Segment

"A SECRET TO HAPPINESS IS LETTING EVERY SITUATION BE WHAT IT IS, INSTEAD OF WHAT YOU THINK IT SHOULD BE."



Last Month's Happenings



TEAM DE

Team DE hosted an on-site Father's Day BBQ, celebrating all of the dads and father figures - great job, DE!



TEAM AT

Team AT also hosted an on-site BBQ Bash for all employees - courtesy of City BBQ



TEAM C1

Team C1 also hosted an on-site Father's Day cookout!



TEAM GA

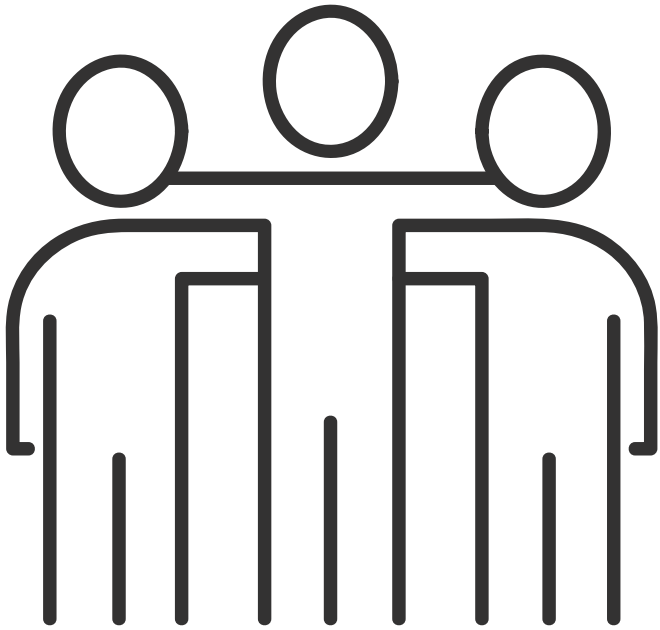
Team GA put together an ice cream sundae bar



TEAM NV

Team NV celebrated National Donut Day with a Krispy Kreme surprise!





TEAM CO
Team CO hosted
an off-site
Father's Day BBQ
for employees
and their family
members



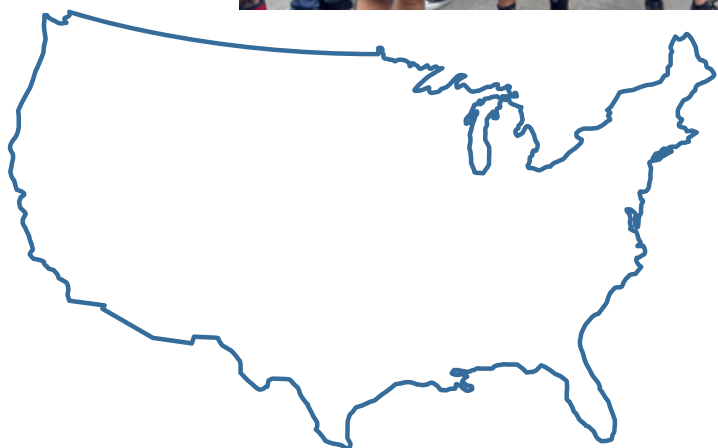
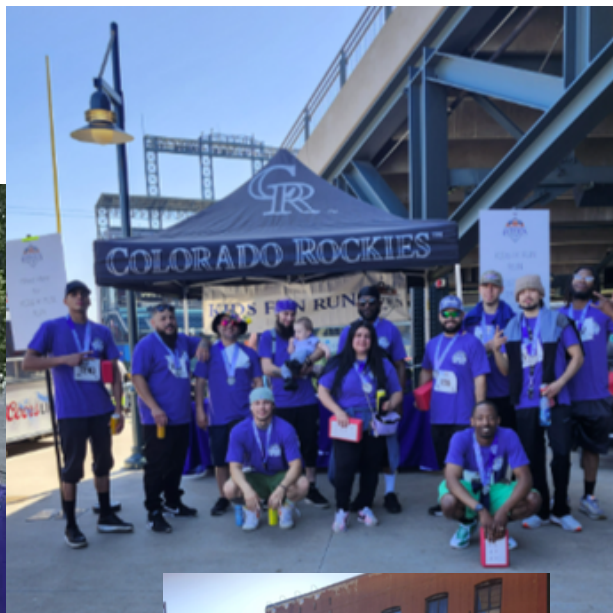
TEAM CT
Team CT was able to
deliver birthday
boxes to the Windsor
C.A.R.E.S. center to
be distributed
amongst local home
bound residents!





June's 5K Initiative

In June, **80 Tire Rack employees** nationwide participated in local to them 5Ks - whether you walked, ran, or even cheered on your fellow employees - **thank you for your support!**



ONE CAN MAKE A DIFFERENCE

accepting donations of
canned goods &
non-perishable items

TIRE RACK
WELLNESS WORKS

Thank You



Keystone
COMMUNITY SERVICES



JUNE'S VOLUNTEER INITIATIVE



Community Gardens

Are you interested in learning more about local community gardens in your area?

More Information Coming Soon!

JULY'S VOLUNTEER INITIATIVE

This month's initiative focuses upon **local community gardens**. Did you know that they are more than just about growing food? By **increasing the number of local community gardeners and available garden space**, families and individuals are able to grow fresh, healthy produce for very little money, **green previously underused areas**, increase local food security, get to know and interact with their neighbors, and **work together** to enhance the communities where they live!




V M T C A N O E I N G I G Y C R Y M Q A E P U T
H U N T I N G S Y J V I S N O W B O A R D I N G
F H I B Z Q C G N I K I B S Q M Y E L O E M F G
M H E U S D A N S P B U G S P R A Y T A F I L Z
Q T D K D I M V N R A I N J O M E Y H Y Z H L Y
Z T L Q R I P O V A Q R Q D U H N C D A V B A A
Q Z W A P V I A E T T K D E U Y P A X W N S B U
G X F N G I N P H Y R X L M P N V R N A L U E M
B T Y I N G G F B S R M X B N V H Z B Y Q H S G
F S A M I P X X E J Y N G N I M M I W S S B A N
M J O A K D U F A C K W R K K Z J L E D T M B I
H I X L I M M T C K L H G Q Y C T X H B X H R D
S Y E S H M B E H A V S J D G N I H S I F S O I
S I W C N C F V M Y I E V O Q G N I I K S H O R
O G R T F Y C X O A Y S T R E E S H Y K Q O T K
D N T M R V N Z S K B T Y A R I W V Y I A R M C
I M X P U F H B Q I W D G S S F W B S Z I T O A
H B F V H M A N U N U I B S M S K O P X V S X B
O G O K G L V N I G U T Z L R V A B R T S U B E
C V C T F L X I T W W G B T G A O V K S F B B S
K T Q S L P Z K O U Q T Q I M R T B I U A W P R
E F H G D Y Z Y P T H S N P A Y V I Z N Z N D O
Y L K C F W M W K H W R P M Z Z Z I C B E Q S H
W I I A A L Z L M S T R O P S R O T O M J U M P

OUTDOORS

horse back riding	snowboarding
mosquito	baseball
swimming	animals
hunting	shorts
hiking	biking
rain	sun
motorsports	bug spray
kayaking	canoeing
camping	fishing
hockey	skiing
beach	trees

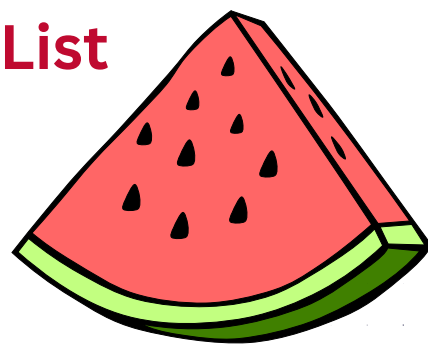


 JULY



Ingredients List

- Red Onion
- Lime Juice
- Watermelon
- Cucumber
- Feta Cheese
- Herbs and Seasoning



It's as simple as chopping and tossing all of the ingredients together!

[Click here for the full recipe](#)

WATERMELON SALAD



**Tire Rack will be closed
7/4/24 in observance of the**

4th of July



Mindfulness

MICROBREAK

Help set a GUINNESS WORLD RECORDS® title

Take a 10 minute break and enjoy a guided breathing exercise with **Mindstream™ subject matter expert Mike Maher** to reset your focus and recharge during the world's largest mindfulness livestream.

► **Tuesday, July 23, 2024**

8am PT | 9am MT | 10am CT | 11am ET | 4pm BST



Scan the QR code or visit
mindstreamlive.com
to learn more.

**This event celebrates the
launch of Mindstream™**

A new feature of the SupportLinc program
and your source for live and on-demand
video sessions that help strengthen your
emotional fitness.



**OFFICIAL
ATTEMPT**

07.23.24



COMEDY CORNER

Why does the Statue of Liberty stand
in New York Harbor?

Because she can't sit down.

Where did our first president keep his
mice?

Mount Vermin!

What do you call an American
drawing?

Yankee doodle!

What did one flag say to the other
flag?

Nothing, it just waved!

How come there's no knock-knock
joke about America?

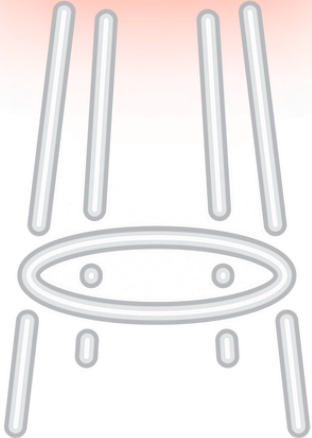
Because freedom rings!

What did the colonists wear to the
Boston Tea Party?

Tea-shirts

What do you call our 16th president,
waiting to turn left at a red light?

Abe Blinkin!



Want some more
laughs?
Make sure to follow
@tirerack
on all socials - scan
the QR code!



LOG IN
BEFORE
IT'S TOO
LATE!



Pretax Election Contribution: [6%](#)

[\[+\]](#) Add a new contribution

6%

If you are contributing below the 6% automatic enrollment rate, **you'll be automatically reenrolled in the plan at a 6% pretax contribution rate starting July 12, 2024.** If you do not want to be reenrolled at the 6% pretax contribution rate, **you must opt out by updating your contribution rate prior to July 12, 2024.**



Do not forget





Meet Your Nurse Case Manager Specialist

Hi! I'm **April Buck**, Nurse Case Manager Specialist and the newest member to the Executive Health and Company Wellness team of Discount Tire/Tire Rack. I've been a nurse since 2012 and South Bend, Indiana has been my home for most of my life. I worked as a Critical Care nurse at Elkhart General Hospital prior to joining the Discount Tire/Tire Rack Family. I look forward to assisting you and your family members with any health navigation and/or complex medical concerns that may come your way.

What is a Nurse Care Manager Specialist?

A **Nurse Case Manager Specialist** offers advice, listens to health concerns, helps to interpret lab results, and advocates for an individual's needs. A Nurse Case Manager Specialist can improve health through nutrition and weight loss recommendations, navigate mental health needs, arrange surgical consultations and rehabilitation, align patients for second opinion consultations, and connect you with resources to reach optimal health.

The Nurse Case Manager can assist with identifying highly preferred care providers, physicians, and medical specialists in your area to include:

Family Medicine, Endocrinology, Neurology, Cardiology, Orthopedics, Pulmonology, Dermatology, Mental Health Resources, and many more!

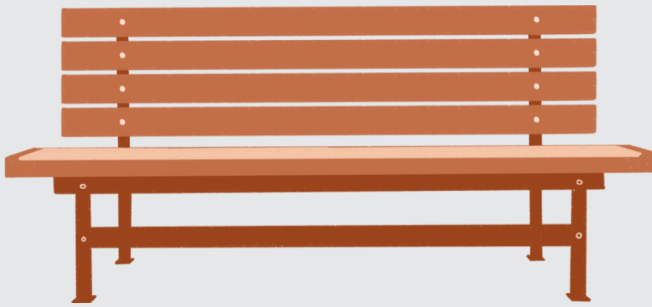
How Can the Executive Health and Company Wellness Department Help You?

- The Executive Health and Company Wellness Department is comprised of an all-Medical Professional Health Team that offers a comprehensive, convenient, efficient, personalized, and confidential health team for **ALL** Discount Tire/America's Tire/Tire Rack employees and their family members.
- The Executive Health and Company Wellness Department navigates complex medical cases by collaborating with providers to ensure that patients receive the best possible treatment and outcomes to meet their personal wellness goals.

How Can I Take Advantage of This Service?

- April Buck, RN provides Nurse Navigation for complex medical issues. You can contact her by **email** april.buck@discounttire.com or **phone** (574) 287-2345 ext. 4851 or (480) 599-2649 and she will get back to you soon.

HAPPY
4th of
July



Team MN will be taking a trip to a local park for a **summer picnic!**

Team GA will be hosting a month long **back to school supply drive** for a local school, as well as hosting an on-site **summer party!**

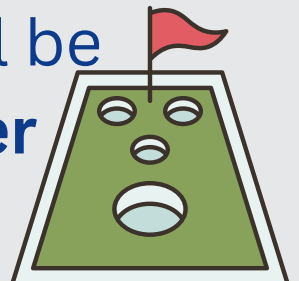


WHAT'S HAPPENING IN JULY?



Team C1 will be going on their annual **team bonding beach trip!**

Team CT, SL & F1 will be hosting their **Summer Parties** as well!



EMPLOYEE SHOUTOUT

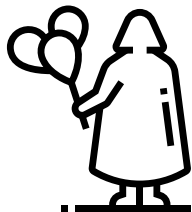


Adam Kennedy

Adam has worked with the Tire Rack for the last three years and is the current Infrastructure Project Team Manager in South Bend. Several of his team members had wonderful things to say about him –

his exceptional work ethic, positive attitude, and dedication have significantly contributed to the team's success; he is always helpful, patient, and knowledgeable – regardless of how busy he is; always pushing us to be better; a font of new ideas, a backbone of resourceful solutions, and a general all-around positive force among team members; knowledgeable, friendly, approachable, and always willing to help.

Needless to say--whether Adam is at work, in his home-lab, or or nerding out over Star Wars and Star Trek--he is consistently putting his best foot forward.





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EMPLOYEE SHOUTOUT

SCAN THE QR CODE

