

Wellness Newsletter

THE TIRE RACK

MAY 2025

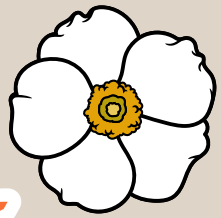


MEET OUR DISTRIBUTION CENTERS SERIES



Midway, Georgia

Tire Rack's Midway, GA Distribution Center opened its doors in 2005 and has proudly remained in its original location ever since. Among its dedicated team, Tim Stone holds the title of longest-tenured employee, having started on April 24, 2006. Midway's DC is also home to excellence—earning the title of Quality Champion for both 2023 and 2024. The area itself is rich in history: just minutes away is the historic Dorchester Academy, a pivotal site during the Civil Rights Movement that welcomed Dr. Martin Luther King Jr. in the 1960s, and originally founded as a school for freed slaves after the Civil War. About 10 miles from the DC lies St. Catherine's Island, home to the only wild population of ring-tailed lemurs outside of Madagascar. Liberty County, where Midway is located, also boasts two signers of the Declaration of Independence—Lyman Hall and Button Gwinnett, the latter of whom once owned St. Catherine's Island and famously died in a duel. Nearby Savannah, just a short drive away, served as Georgia's first state capital following independence in 1777.



TIRE RACK WELCOMES NEW CEO, SCOTT CLARK!



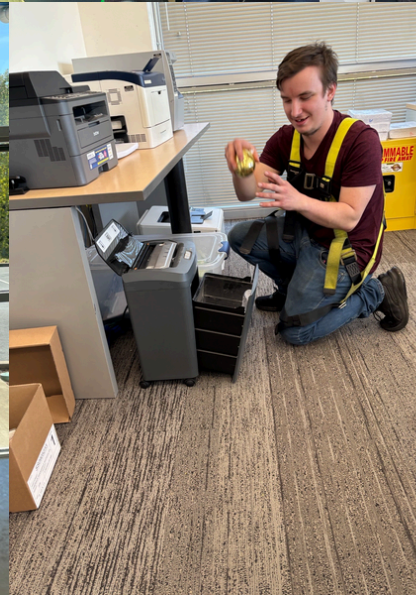
On April 21st, Scott joined us after nearly 30 years with Michelin, where he held key global leadership roles—including CEO of North America and Executive VP of the Group Executive Committee. *His connection to Tire Rack goes back just as far*—his first visit to our team was nearly 30 years ago, early in his Michelin career. Even then, it was clear he shared our passion and understood what makes Tire Rack special.

We're thrilled to have him on board and look forward to the **leadership, insight, and energy** he brings as we continue to grow together.



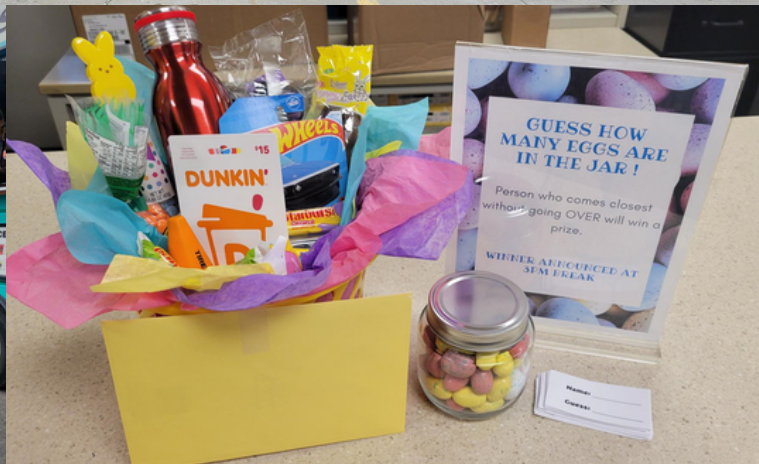
DCs all over found some egg-cellent hiding places!





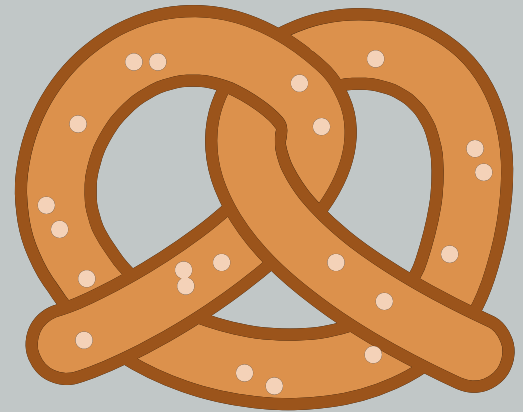


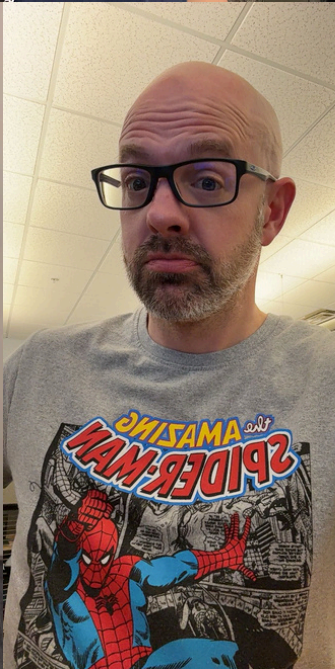
**Superhero
Day in
CT!**





SUPERHERO DAY MEETS PRETZEL DAY AT HQ!





TIRE RACK
WELLNESS WORKS



JOIN US

CLEANEST DC 5TH ANNUAL CHALLENGE



2025 RESULTS ARE IN

1st Place - Team SB

2nd Place - Team C1

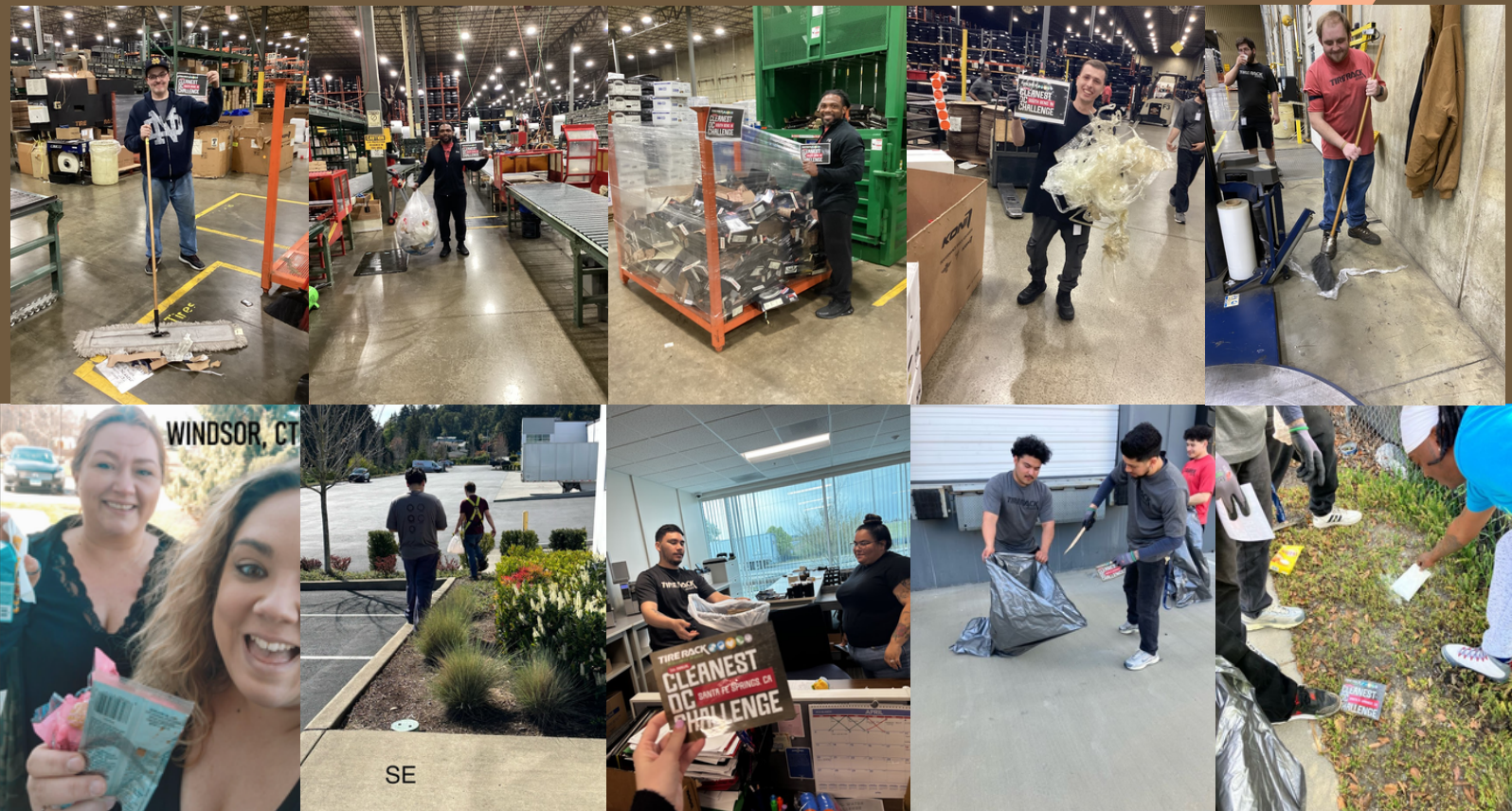
3rd Place - Team SE

4th Place - Team CT

Congratulations!

Team South Bend

is the 2025 Cleanest DC!



May

National Holidays

- **NATIONAL CHOCOLATE PARFAIT DAY - 5/1**
- **KENTUCKY DERBY - 5/3**
- **CINCO DE MAY - 5/5**
- **NATIONAL STAR WARS DAY - 5/4**
- **NATIONAL SKILLED TRADES DAY - 5/7**
- **MILITARY SPOUSE APPRECIATION DAY - 5/10**
- **MOTHER'S DAY - 5/11**
- **NATIONAL APPLE PIE DAY - 5/13**
- **BRING FLOWERS TO SOMEONE DAY - 5/15**
- **NATIONAL BARBEQUE DAY - 5/16**
- **NASCAR DAY - 5/16**
- **NATIONAL SOLITAIRE DAY - 5/22**
- **MEMORIAL DAY - 5/26**

MAY IS
MENTAL HEALTH
AWARENESS MONTH

JOIN US AS WE SUPPORT
AWARENESS BY WEARING
GREEN ON MAY 15TH!

TIRE RACK
WELLNESS WORKS



Available
May 1

CARE

Practice self-care strategies

Throughout your wellness journey, it's vital to prioritize self-care to stay happy, healthy and motivated. Visit the Monthly Feature tile on your web portal or mobile app to learn simple ways to incorporate self-care.



Download
the mobile
app today!



1-888-881-5462



supportlinc.com
group code: **tirerack**

TIRE RACK
.com

supportlinc
EMPLOYEE ASSISTANCE



**Scan the QR Code
to Sign-Up for a
Race Near You!**

*Entry Fee Covered
for Employees Only*



The South Bend Bike Group



ROLLING

INTO THE NEW YEAR

REGULAR RIDES START THE WEEK OF APRIL 14

This group is open to all levels of rider - from those just wanting to take a ride in the country, to those hardcore, experienced road warriors.



The SBBG enjoyed their maiden ride - a little over 17 miles through the Indiana and Michigan countryside, on a delightful spring evening, with just a smattering of raindrops



**Contact Rob Regovich
today and join us!**

email: rregovich@tirerack.com



Be Healthier. Be Happier. Save Money.

Whether you're looking to hit the gym, craft a healthier diet, or enjoy a massage on your day off, your Discount Tire Discount Program serves up serious savings on health and wellness.



Healthy choices keep your mind sharp
20 minutes of exercise can boost your memory 10%. A balanced diet rich in fruit, veggies, and lean proteins prevents memory loss as you age.

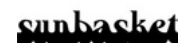


Exercise makes you more productive
72% of employees who exercise on workdays report better time management skills.



Activity makes you happier
20-30 minutes of moderate daily activity will elevate your mood and reduce risk of future depression.

DOZENS OF EXCLUSIVE WELLNESS
DISCOUNTS LIKE:



Check it Out Today!

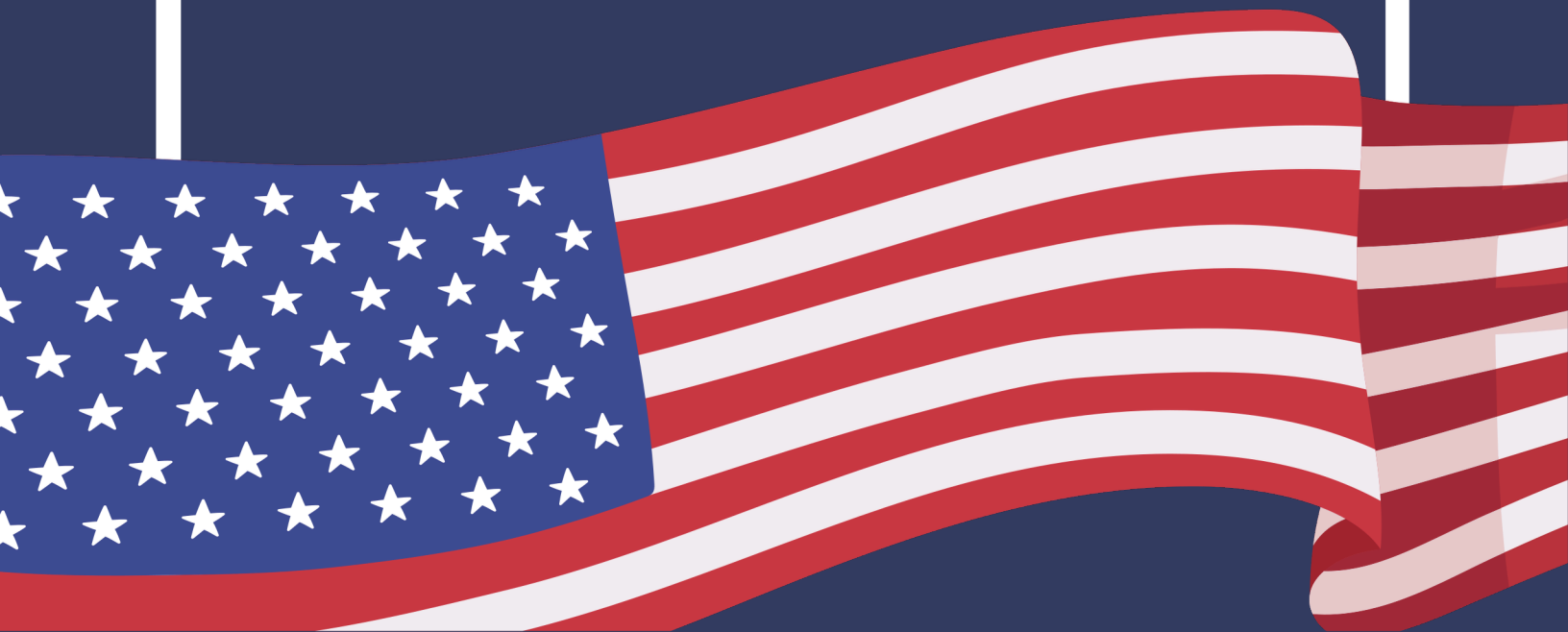
discounttire.perkspot.com



REMEMBER & HONOR

MEMORIAL DAY

WE COMMEMORATE
THIS SPECIAL DAY AND
WILL BE CLOSED 5/26





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?

☞ Contact **April Buck**, R.N., BSN

- **Direct:** (574) 287-2345 ext. 4851
- **Cell:** (480) 599-2649
- **Fax:** (480) 606-6490
- **Email:** April.buck@discounttire.com



SUSTAINABILITY INITIATIVE

REDUCE
REUSE
RECYCLE

Scan the
QR code
to read!

Tire Rack was honored as one of four recipients of this year's Partners for Clean Air awards, presented by the Michiana Area Council of Governments (MACOG)!

April
16th



This recognition celebrates organizations making meaningful strides towards sustainability and improved air quality.

The 2024 recipients include:

South Bend Bike Garage

Cultivate Food Rescue

The Tire Rack

City of Nappanee

As part of our commitment to clean transportation, The Tire Rack partnered with MACOG and GOEVIN in December to host an electric vehicle test drive event that gave local government agencies the chance to explore and evaluate EVs for their fleets. The event helped lead to the purchase of 11 electric vehicles, with MACOG noting that the combination of firsthand experience and available grant funding played a key role in moving communities toward adoption.

BE PREPARED FOR EXTREME HEAT

Extreme heat often results
in the highest annual
number of deaths among all
weather-related disasters.



FEMA

FEMA V-1004/June 2018

In most of the U.S.,
extreme heat is a long period
(2 to 3 days) of high heat and
humidity with temperatures
above 90 degrees.



Greater risk



Can happen anywhere



Humidity increases
the feeling of heat as
measured by a heat index

IF YOU ARE UNDER AN EXTREME HEAT WARNING

Find air conditioning, if possible



Check on family members
and neighbors.

Avoid strenuous activities



Drink plenty of fluids.

Watch for heat illness.



Watch for heat cramps, heat
exhaustion, and heat stroke.

Wear light clothing.



Never leave people or pets
in a closed car.

HOW TO STAY SAFE

WHEN EXTREME HEAT THREATENS

Prepare NOW

Find places in your community where you can go to get cool.

Try to keep your home cool:

- Cover windows with drapes or shades.
- Weather-strip doors and windows.
- Use window reflectors such as aluminum foil-covered cardboard to reflect heat back outside.
- Add insulation to keep the heat out.
- Use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing hot air.
- Install window air conditioners and insulate around them.

Learn to recognize the signs of heat illness. For more information visit: www.cdc.gov/disasters/extremeheat/warning.html.

Be Safe DURING

Never leave a child, adult, or animal alone inside a vehicle on a warm day.

Find places with air conditioning.

Libraries, shopping malls, and community centers can provide a cool place to take a break from the heat. If you're outside, find shade. Wear a hat wide enough to protect your face.

Wear loose, lightweight, light-colored clothing.

Drink plenty of fluids to stay hydrated. If you or someone you care for is on a special diet, ask a doctor what would be best.

Do not use electric fans when the temperature outside is more than 95 degrees. You could increase the risk of heat-related illness. Fans create air flow and a false sense of comfort, but do not reduce body temperature.

Avoid high-energy activities.

Check yourself, family members, and neighbors for signs of heat-related illness.

Recognize + RESPOND

Know the signs and ways to treat heat-related illness.

Heat Cramps

- Signs: Muscle pains or spasms in the stomach, arms, or legs.
- Actions: Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.

Heat Exhaustion

- Signs: Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, fainting.
- Actions: Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

Heat Stroke

- Signs: Extremely high body temperature (above 103 degrees) indicated by an oral thermometer; red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; and unconsciousness.
- Actions: Call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.

Take an Active Role in Your Safety

Go to Ready.gov/heat. Download the FEMA app to get more information about preparing for extreme heat.



FEMA

FEMA V-1004

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AVON
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 VREDESTEIN
 BFGOODRICH
 COOPER
 FIRESTONE
 GITI
 HOOSIER
 KUMHO
 MICKEYTHOMPSON
 NOKIAN
 RIKEN
 UNIROYAL
 YOKOHAMA
 BRIDGESTONE
 DUNLOP
 FUZION
 GOODYEAR
 IRONMAN
 LAUFENN
 NEXEN
 PIRELLI
 SUMITOMO
 VOGUE

TIRE BRAND WORD SEARCH



SAM'S SEGMENT

May is Mental Health Awareness Month—a perfect time to **pause and prioritize YOU**. Mental wellness is just as important as physical health, and even small moments of mindfulness, movement, or meaningful connection can make a big difference. This month, let's focus on reducing stress, building healthy habits, and supporting one another. **Remember: it's okay to not be okay, and you're never alone.** Let's take care of ourselves and each other—one day at a time.





RED WHITE AND BLUE DUMP CAKE

INGREDIENTS:

- 21oz can of strawberry pie filling
- 1 cup frozen blueberries
- 1 package of white cake mix
- ½ cup butter, melted



DIRECTIONS:

1. Preheat the oven to 325 degrees
2. Dump strawberry pie filling into a 9x12 baking dish.
Sprinkle with blueberries.
3. Pour cake mix on top of blueberries - don't mix!
4. Drizzle melted butter on top and bake for 45 minutes or until the top is a light golden brown.
5. Serve warm and enjoy with your favorite ice cream!

COMEDY CORNER

Which water park rides do safety officers avoid?

The slip n' slide! - BM

What do you call a sweet potato on the highway?

A traffic yam. - AK

What is a horse's favorite drink?

Lemon-neigh'd! - AK

What's the difference between weather and climate?

You can't weather a tree but you can climate! - AK

Why did the Energizer Bunny go to jail?
He was charged with battery.

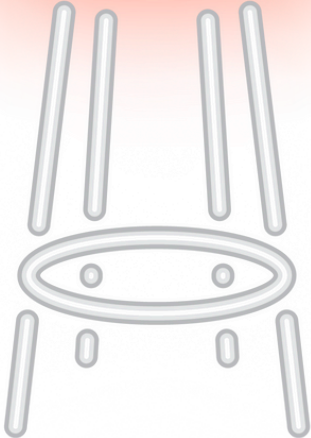
What color is the wind?

Blew!

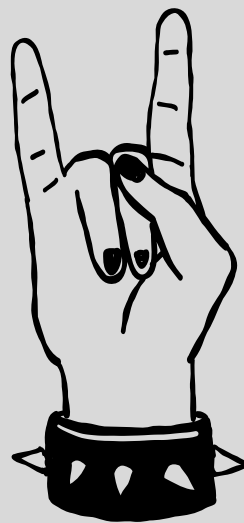
Why did the boy do his homework on the plane?

He wanted a higher education.

Why did the cake cross the road?
It saw a fork up ahead!

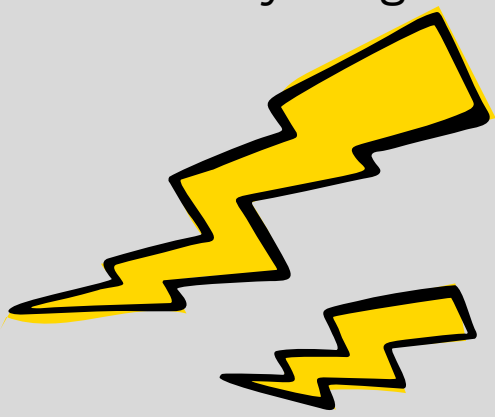


Want some more laughs?
Make sure to follow
@tirerack
on all socials - scan
the QR code!



This Month's Employee Shoutout

“Shawn truly embodies the spirit of "punk rock"—curious, sharp, and unafraid to challenge the norm. He brings a strong collaborative energy to the team, is always learning, and consistently provides valuable pushback during QA. Whether it's tracking down a hard-to-find bug or diving into a mid-90s rock reference, Shawn brings both expertise and personality to everything he does. We're glad to have him on the team!”



Shawn Gutzman
Web Quality Assurance Specialist I



TIRE RACK

WELLNESS WORKS

energize, empower, encourage

WELLNESS NEWSLETTER

EMPLOYEE SHOUTOUT

SCAN THE QR CODE

