

Global Well-Being Event Directory

Well-being doesn't happen in a day or even a month. Small actions over time can make a big difference, and year-round Global Well-Being gives employees tools to improve their well-being on a consistent basis and be their best selves.

To help employees stay connected and well all year long, AECOM will host 1 - 2 global events per quarter, including:

- Quarterly Wednesday WELLbinars
- Virtual events, including fitness classes, mindfulness workshops, cooking classes and more
- Well-being campaigns/challenges to come together for a cause or to encourage a little friendly competition amongst locations

We encourage you to schedule 1 – 3 additional local vendor-sponsored events — onsite or virtual — per year, using this events directory.



Physical



Emotional



Financial



Social



Planet

How to select and request a local event:





- Review the list of vendors and well-being event options.
- Please make sure you review the event costs, languages available, minimum attendance, and advanced notice requirements to ensure it's a good fit and can meet the needs of employees at your location.
- Reach out to your local contact (see below) to request approval of the event. Please include instructions on when you would like to book the event, the vendor and name of the event you've selected and how the event will be funded (if applicable), including a project/charge code for the event.

| Americas | APAC | EMEA |
|--|--|--|
| globalwellbeing@aecom.com | Greater China: Sue.yu@aecom.com jing.huang@aecom.com | Middle East: Gehan.ElFetoury@aecom.com Alejandro.Garcia@aecom.com |
| | India: Sarala.d@aecom.com | Africa: senika.devsheel@aecom.com |
| | South East Asia: Zoey.Pong@aecom.com | UK and Ireland: clair.sears@aecom.com Karen.Barrow@aecom.com |
| | Australia and New Zealand: Melanie.Lusak@aecom.com | Continental Europe: pilar.gomezdepedro@aecom.com |









Things to note

- Each WELLbinar varies in length from 30 minutes to 1 hour
- Onsite booths can be booked for up to 8 hours (please confirm options with your local contact)

Global





| Well-Being Pillar | Vendor | Event Options | Languages | Costs | Notes |
|---|------------------|--|---|---|--|
|  | ComPsych | <ul style="list-style-type: none"> • <u>WELLbinar and workshop options</u> • Onsite EAP Booth | <ul style="list-style-type: none"> • Several languages available | <ul style="list-style-type: none"> • Free | <ul style="list-style-type: none"> • Requests must be made 45 days prior to any event • Minimum attendance = 8 |
|  | HealthKick | <ul style="list-style-type: none"> • <u>WELLbinar and other virtual event options</u> | <ul style="list-style-type: none"> • English | <ul style="list-style-type: none"> • 375-1,000 USD | <ul style="list-style-type: none"> • Requests must be made 4 - 6 weeks prior to the event |
|  | GoodLife Fitness | <ul style="list-style-type: none"> • <u>Virtual fitness classes and wellness workshop options</u> | <ul style="list-style-type: none"> • English • Canadian French may be available | <ul style="list-style-type: none"> • Virtual fitness classes: 150 CAD • Virtual wellness workshops: 349 CAD | <ul style="list-style-type: none"> • Requests must be made 4 - 6 weeks prior to the event |
|  | Cigna Global | <ul style="list-style-type: none"> • <u>WELLbinar and workshop options</u> | <ul style="list-style-type: none"> • Several languages available | <ul style="list-style-type: none"> • \$400/hour | <ul style="list-style-type: none"> • Requests must be made 6 weeks prior to the event |

Americas





| Country | Well-Being Pillar | Vendor | Event Options | Languages | Costs | Notes |
|-------------------------------------|--|---------------------------|---|--|--------|--|
| U.S. |  | Merrill | <ul style="list-style-type: none"> • WELLbinar and workshop options • One-on-one financial well-being sessions | <ul style="list-style-type: none"> • English • Pre-recorded: Spanish | • Free | • Requests must be made 5 - 6 weeks prior to the event |
| U.S. |  | The University of Arizona | <ul style="list-style-type: none"> • Your University of Arizona Benefits WELLbinar • Onsite booth | <ul style="list-style-type: none"> • English | • Free | • Requests must be made 5 - 6 weeks prior to the event |
| U.S. |  | Gradifi | <ul style="list-style-type: none"> • Getting to know your Gradifi Benefits WELLbinar • Onsite booth | <ul style="list-style-type: none"> • English | • Free | • Requests must be made 4 - 6 weeks prior to the event |
| Canada |  | Sun Life | <ul style="list-style-type: none"> • Financial WELLbinar series • One-on-one financial well-being sessions | <ul style="list-style-type: none"> • English • French | • Free | |
| Canada |  | Teledoc | <ul style="list-style-type: none"> • WELLbinar on Teledoc benefits (second opinion benefit) • Onsite booth (Toronto, Canada only) | <ul style="list-style-type: none"> • English • French | • Free | • Requests must be made 8 weeks prior to the event |
| U.S. and Canada (Vancouver only) |   | Equinox | <ul style="list-style-type: none"> • Onsite event options | <ul style="list-style-type: none"> • English | • Free | • Onsite events only |
| U.S. |  | Total Brain | <ul style="list-style-type: none"> • Total Brain live: MindMatters | <ul style="list-style-type: none"> • English | • Free | <ul style="list-style-type: none"> • Maximum attendance = 500 • Requests must be made 4 - 6 weeks prior to the event |

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Americas (Continued)





| Country | Well-Being Pillar | Vendor | Event Options | Languages | Costs | Notes |
|-----------------|---|----------|---|--|---|--|
| U.S. and Canada |  | Care.com | <ul style="list-style-type: none"> Your Care@Work Benefits WELLbinar Event Care | <ul style="list-style-type: none"> English | <ul style="list-style-type: none"> Free Care@Work WELLbinar Event Care - Varies based on event size | <ul style="list-style-type: none"> Requests must be made 4 - 6 weeks prior to the event |
| Mexico/LATAM |    | BCP | <ul style="list-style-type: none"> <u>WELLbinar options</u> | <ul style="list-style-type: none"> English Spanish | <ul style="list-style-type: none"> 450 USD With session recording: 1,000 USD | <ul style="list-style-type: none"> Requests must be made 4 - 6 weeks prior to the event |

On-demand videos: [Workouts](#), [Recipes](#), [Meditation Exercises](#)

| Country | Well-Being Pillar | Vendor | Event Options | Languages | Costs | Notes |
|---------|---|-----------------|---|---|--|--|
| Ireland |  | Cyclescheme | <ul style="list-style-type: none"> • Cyclescheme WELLbinar | <ul style="list-style-type: none"> • English | <ul style="list-style-type: none"> • Free | <ul style="list-style-type: none"> • Other helpful resources • Requests should be made 2 weeks prior to the event |
| U.K. |  | Unum | <ul style="list-style-type: none"> • <u>WELLbinars and other virtual events</u> • Onsite booth | <ul style="list-style-type: none"> • English | <ul style="list-style-type: none"> • Free | <ul style="list-style-type: none"> • Minimum attendance = 15 • Requests should be made 8 weeks prior to the event |
| U.K. |  | Scottish Widows | <ul style="list-style-type: none"> • Financial well-being options: <ul style="list-style-type: none"> — Pension basis — Pre-retirement workshops — Onsite events/wellness fairs | <ul style="list-style-type: none"> • English | <ul style="list-style-type: none"> • Free | <ul style="list-style-type: none"> • Requests should be made 8 weeks prior to the event |
| U.K. |  | Tisco | <ul style="list-style-type: none"> • WELLbinar options: <ul style="list-style-type: none"> — Tax Year End pension masterclass – options and solutions for high earners. — Pension Refresher – Default Fund and am I saving enough for retirement. — Mortgage Seminar including the use of Government Grants. — Inheritance tax planning and generational tax planning – BPR and DGT. — Wills and protection. — Investing in property and buy to let. — Using a pension to invest in commercial property and other advanced investment options. — ISAs and Junior ISAs for children's investments. — Cashflow modelling and Lifestyle financial planning – How much is enough? — Governance Review findings and explanation. | <ul style="list-style-type: none"> • English | <ul style="list-style-type: none"> • Free | <ul style="list-style-type: none"> • Other helpful resources: Monthly and quarterly financial <u>WELLbinar series</u> offered to employees • Requests should be made 2 weeks prior to the event |






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EMEA (Continued)

| Country | Well-Being Pillar | Vendor | Event Options | Languages | Costs | Notes |
|---------|--|-------------|--|---|---|--|
| London |   | Equinox | <ul style="list-style-type: none"> • <u>Onsite event options</u> | <ul style="list-style-type: none"> • English | <ul style="list-style-type: none"> • Free | <ul style="list-style-type: none"> • Requests should be made 8 weeks prior to the event |
| Ireland |   | IrishHealth | <ul style="list-style-type: none"> • WELLbinar options: <ul style="list-style-type: none"> — Feeding Your Mental Health — Eating for Immunity — Change Your Habits, Change Your Weight — Healthy Gut, Health Body: From looking after your gut, food intolerance & feeding your gut bacteria | <ul style="list-style-type: none"> • English | <ul style="list-style-type: none"> • 360 euros | <ul style="list-style-type: none"> • Maximum attendance = 100 • Requests should be made 8 weeks prior to the event |

On-demand videos: [Workouts](#), [Recipes](#), [Meditation Exercises](#)

APAC

| Country | Well-Being Pillar | Vendor | Event Options | Languages | Costs | Notes |
|-----------|--|-------------------|--|---|--|--|
| Australia |  | AMP | <ul style="list-style-type: none"> • Financial well-being event options • Onsite booth • One-on-one sessions on Superannuation Fund | <ul style="list-style-type: none"> • English | <ul style="list-style-type: none"> • Free | <ul style="list-style-type: none"> • Requests must be made 8 weeks prior to the event |
| Australia |   | Reward Gateway | <ul style="list-style-type: none"> • Onsite booth | <ul style="list-style-type: none"> • English | <ul style="list-style-type: none"> • Free | <ul style="list-style-type: none"> • Requests must be made 4 - 6 weeks prior to the event |
| APAC |   | Health Can Be Fun | <ul style="list-style-type: none"> • Virtual event options <ul style="list-style-type: none"> — Nutrition — Fitness/Ergonomics — Cooking Demo — Mental Well-Being | <ul style="list-style-type: none"> • English • Tamil • Malay • Mandarin | <ul style="list-style-type: none"> • Nutrition: 350 SGD • Fitness/Ergonomics: 350 SGD • Cooking Demo: 550 SGD • Mental Well-Being: 650 SGD | <ul style="list-style-type: none"> • Requests must be made 4 - 6 weeks prior to the event |