



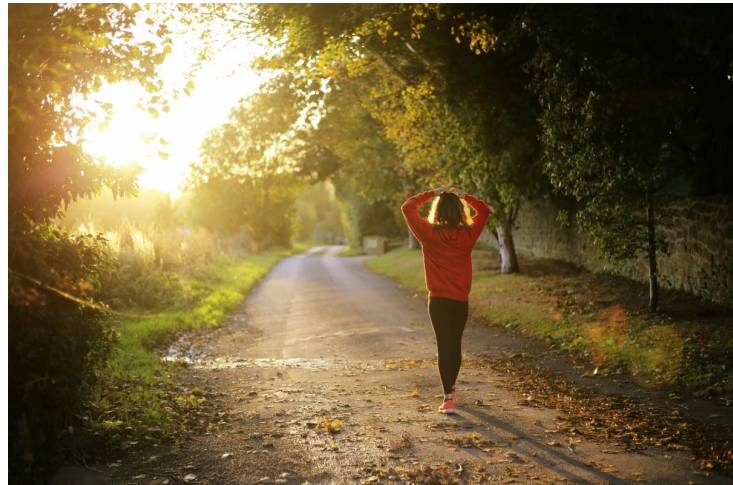
# Roxsand

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## Prioritizing Health and Wellness

By: Christine Therkildsen / Human Resource Generalist - Sioux Falls, SD

As we start a new year, it's time to prioritize your well-being and make the most out of the benefits L. G. Everist offers. One of the newer benefits available to LGE employees is the 8 Wellness Hours. These hours are a valuable resource designed to encourage you to take proactive steps toward maintaining your health and well-being.



### What are Wellness Hours?

Wellness Hours is paid time off that you can use for preventative wellness appointments. Whether it's a routine check-up, a dental cleaning, an annual eye exam, or a visit to your preferred healthcare professional, these hours are intended to support you in taking care of your health. Based on your age, additional preventative screenings may be needed. Here is a link to see what screenings you may need based on age: <https://communityhealth.mayoclinic.org/prevention-and-wellness/adult> Your well-being is an investment we value, and we want to make sure you are supported in taking the time you need.

### How to Utilize Your Wellness Hours:

1. **Schedule Your Appointments:** Identify the preventative wellness appointments you need and schedule them throughout the year.
2. **Work with Your Manager:** Coordinate with your manager to plan the time off for your Wellness Hours. You will probably not take all 8 hours in one day. It may be 2 hours for an eye exam but 3-4 hours for a routine check-up with blood work.
3. **Provide Documentation:** After each wellness appointment, make sure to provide

appropriate documentation to your manager. This documentation is crucial for processing the payment associated with your Wellness Hours. It can be a simple note from the dentist's office stating you were seen in their office with the date on it.

4. **Receive Payment:** Work with your manager to complete the Time Off Request Form. Your manager will need to enter the time on your timesheet and turn in the Time Off Request Form and doctor's note in order for you to receive the Wellness Hours payment on your paycheck.

### Why Prioritize Wellness?

Your health is an integral part of your overall well-being, and we believe that a healthy and happy employee is productive. Taking advantage of your Wellness Hours benefits you personally and contributes to a more vibrant and resilient workforce.



In 2024, let's make a collective commitment to prioritize our health.

Utilize your Wellness Hours wisely, engage in preventative wellness activities, and work together with your managers to ensure a seamless process. Remember, a healthier you leads to a more productive and fulfilled work life.

Thank you for being a part of L.G. Everist's commitment to employee well-being.

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## Anniversaries

**Daniel Kruger – January 21**  
Myrl & Roy's Shop

**Jeffrey McMahan – January 21**  
Ortonville

**Michael Taggart – January 22**  
Ragsdale

**Anthony Cottrell – January 25**  
West Farm Shop

**Micheal Hudson – January 25**  
East Sioux Quarry

**Mark Vander Laan – January 26**  
Akron Shop

## Happy Birthday!

**Aaron Boltjes – January 21**

## We are Hiring

Join our team!

Click the link or visit [LGEverist.com/careers](https://LGEverist.com/careers) for more information and to view current openings.

[Click here to view current openings](#)

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Railroad Cars

**Edgar Pena – January 21**  
Ragsdale

**Mason Neville – January 24**  
Dell Rapids West

**Steven Hill – January 24**  
Ortonville

**Russell Little – January 25**  
Firestone

**Scott Rorvick – January 26**  
L. G. Everist



If you have employees that would like to receive the Roxsand, have them send their personal email to [info@LGEverist.com](mailto:info@LGEverist.com) and request to be added to the mailing list.

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