

HUMAN RESOURCES CORNER

Resilience PRO by Orriant Mental Wellness

“Life can be stressful, but the path to mental wellness starts right here.”

Enroll in our Health Benefit!

If you have more than 90 days of employment with us, you can enroll in our Health Insurance.

One of the most liked programs that our Health Insurance plan provides is **Resilience PRO, a FREE and Unlimited Tele-counseling service under the Everyday Care plans for Redirect Health.** This program is fully integrated with your Redirect Health Medical Team. Their Mental Health Services include Mental Wellness Consultants, Life Coaches, and Mental Health Crisis Counselors who are available 24/7. Resilience PRO provides Redirect Health members practical tools, programs, suggestions, and coaching to help navigate the ups and downs of emotional and mental health. In addition, Resilience PRO provides gradual and measured behavioral changes – a new personal journey.

Here are the steps to enroll:

Fill out this form <https://forms.gle/jhQbZrKcNewUASJN6>.
Email HR and let them know you filled out the form. Wait until an HR representative contacts you to explain the plan.
Enroll officially on the benefit and enjoy health and wellness coverage!

SCAN TO ENROLL



New Compensation Package

As a company, we appreciate your concerns, recommendations, and insight on the new compensation model for the Transportation Department.

We want you to know that we appreciate your perspective. We are currently listening to the different concerns, analyzing the recommendations, and gathering data on implementing the compensation model with the first payroll processes.

We are actively working on gathering the needed data to modify or improve the model.

Once again, thank you for being such a valuable part of our company. We appreciate your patience and understanding of our new processes.

World Hemophilia Day 2022

World Hemophilia Day is celebrated every 17th of April and aims to raise awareness about hemophilia across the world. The theme of this year's event is "Access for All: Partnership. Policy. Progress. Engaging your government, integrating inherited bleeding disorders into national policy".

The Centers for Disease Control and Prevention (CDC) defines hemophilia as an inherited bleeding disorder in which the blood doesn't clot properly. This can lead to spontaneous bleeding as well as bleeding following injuries or surgery. The World Federation of Hemophilia (WFH) estimates that over 75% of people living with hemophilia worldwide have not yet been identified and

diagnosed.

For the millions of people who remain untreated, more knowledge means better diagnosis, treatment, and access to care. By raising awareness and bringing hemophilia and other inherited bleeding disorders to the attention of policymakers, we can increase sustainable and equitable access to care and treatment.

At present, people with bleeding problems are finding it much more difficult to get to their checkups and treatments as a result of the pandemic. Through our expert care and reliable transportation services, we at Medstar Transportation are ready to help clients



in receiving the treatment they need.

Let us work together to increase

public awareness and understanding of the concerns surrounding adequate medical care!

A Gentle Reminder



April 22 is World Earth Day. Let's save resources and make this world a better place!

Here are 5 easy ways to protect our environment:

1. Give your car a break by reducing idle time, by walking, or by taking a bike to work.
2. Conserve energy at your workplace by turning off the lights and electronics when not in use.
3. Reduce paper waste and junk mail by promoting paperless transactions and by unsubscribing to unwanted mailing lists.
4. Bring reusable materials such as bags, cups, mugs, or tumblers.
5. Always look for ways where you can Reduce, Reuse and Recycle!

HEALTH AND WELLNESS CORNER

Do you know that April is Stress Awareness Month?

Keeping stress at bay is crucial to your health, but it's easier said than done. That's why we're sharing five easy tips anyone can implement this month and every month to manage stress and feel better inside and out!



Move Your Body Outdoors

Proven stress relievers such as sunlight and nature can stimulate chemicals in your brain like serotonin and endorphins.

Eat Anti-Inflammatory Foods

Certain foods such as fish, lean meats, avocados, and more can reduce cortisol, a stress hormone.



Journal Your Thoughts

Journaling can serve as an emotional release for negative thoughts and can reduce stress and anxiety.



Spend Time With Pets

Research shows that interacting with pets can lower cortisol, a stress hormone.



Get Enough Sleep

Following a regular sleep schedule can regulate your mood and improve concentration. 7-9 hours of sleep is recommended for adults!



Welcome to the MEDSTAR team!

We welcome the following employees who have recently been hired as drivers and office staff from March 15 until April 15, 2022.

RALPH S.

Transportation

REBECCA A.

Transportation

CARMEN M.

Transportation

RACHEL H.

Transportation

DOMINIQUE R.

Transportation

PATRICIA T.

Transportation

RANDY M.

Transportation

LEROY C.

Transportation

TRENT H.

Call Center

EMILY G.

Transportation

MATT O.

Transportation

DULCE A.

Transportation

STEVE M.

Transportation

DENNIS L.

Transportation

ASHLEY W.

Transportation

DALLAS H.

Transportation

IRMA G.

Transportation

ROBERT A.

Transportation

TIM B.

Transportation

EMPLOYMENT ANNIVERSARIES

for *April*

1 YEAR

MITCHELL M.

APRIL 5

3 YEARS

EUGENIO M.

APRIL 18

4 YEARS

BUTCH M.

APRIL 20

1 YEAR

JENY S.J.

APRIL 21

10 YEARS

METTA A.

APRIL 23

3 YEARS

AMBER B

APRIL 24

2 YEARS

JT L.

APRIL 27

1 YEAR

SARAH E.

APRIL 30



I was looking for a job and I knew without a doubt that I could be a good addition to the Medstar Team. I told Justin that I could drive a bus and do the job with my eyes closed, but he asked me not to (lol). I've been with Medstar ever since. I'd have to say that my biggest accomplishment working for Medstar was my 23-hour day where I took trips from Walla Walla, did pick up along the way to Yakima, and then all the way to Seattle and back. I felt good because I really helped people that day.

We've had our ups and downs. But overall, Medstar is a great company to work for and I love helping people- It makes me whole!

Metta Armstrong,
celebrating her 10 years at Medstar

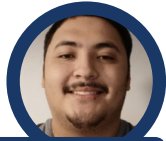
MEDSTAR'S BIRTHDAY WALL

APRIL 11



MATT O.

APRIL 7



ANTONIO E.

APRIL 9



SILAS O.

APRIL 10



BROOKE B.

APRIL 12



CODY C.

APRIL 12



KEN H.

APRIL 14



JEFF L.

APRIL 14



JOE B.

APRIL 17



JEFF G.

APRIL 18



ARMANDO L.

APRIL 18



RYON O.

APRIL 22



DENNIS L.

APRIL 24



JR H.

APRIL 24



SARA M.

APRIL 25



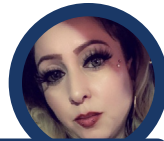
TREVON H.

APRIL 30



ANDY R.

APRIL 30



MARITZA C.

MedSTARs

“

I wanted to let you know Jeff is a really good coworker. We help each other out when it comes to people getting trained. So I wanna give a thank you to Jeff.

Rocky N.

“

Hello, my name is Amy and we want you to know that Nicole was the best driver we've had in a long time. She was really nice and sweet. We truly appreciate her kindness. Thank you so much.

Amy B.

Kind words such as these serve as our inspiration to be of better service to the community. Medstar Transportation has always been committed to delivering Health and Happiness through safe service.