



Call us to talk to a Registered Nurse

1.866.KINDRED (tel:18665463733) | 1.866.546.3733 (tel:18665463733)

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## Kindred's Employee Benefits Program

At Kindred, our employees are our greatest resource and our most valuable asset. You play an important role in helping Kindred deliver quality care every day in communities across the country, and we are committed to offering you a comprehensive, cost-effective benefits package that meets your needs. Additionally, you deserve a wellness program that makes it easier to commit to a healthier lifestyle, and benefits that help enrich your life today and prepare for your future well-being – including life insurance, disability benefits, time off and a 401(k) plan.

Kindred is pleased to offer employees access to these important elements through our benefits package. **Depending on your status as a part-time or full-time employee, the benefits package may include:**

### Healthcare Benefits

Employees can choose from four Health Savings Account (HSA) compatible options and one PPO plan option.

**In addition, by participating in a medical plan option, employees have access to the following:**

- Multi-Faceted Wellness Program
- Health Advocacy Program
- Employee Assistance Program
- Telemedicine Program

## **Health Savings Account (HSA)**

With a Health Savings Account (HSA), employees can choose to set aside pre-tax dollars to pay for healthcare costs. An HSA allows greater flexibility in how money is used, and allows employees to save money for future healthcare expenses because it rolls over if it isn't used.

## **Flexible Spending Accounts**

Save money on your healthcare and/or dependent care expenses by using a tax advantaged Flexible Spending Account (FSA). The money you contribute to these accounts comes from your paycheck before it is taxed, and you withdraw it tax-free when you pay for eligible expenses, which reduces your taxable income.

## **Wellness Program**

We are committed to rewarding employees who demonstrate and pursue healthy behaviors. Our wellness vendor helps employees lead a healthy lifestyle, achieve health goals and have fun at the same time. You receive tools, resources and support in losing weight, reducing stress, stopping smoking and making healthier choices.

## **Dental**

We offer three comprehensive dental options.

## **Vision**

We offer two comprehensive vision options.

## **Life / Accident Insurance**

We provide company-provided life insurance and accidental death and dismemberment coverage.

## **Supplemental Life Insurance**

Employees may elect additional life insurance for themselves and their dependents.

## **Disability**

We provide company-provided disability coverage.

## **Paid Time Off**

We provide a flexible Paid Time Off program.

## **401(k) Plan**

We offer a 401(k) retirement savings plan that allows employees to contribute pre-tax dollars through payroll deduction.

## **Educational Assistance**

We provide an educational assistance program that reimburses tuition expenses.

## **Others Benefits**

### **Employees have access to the following benefits:**

- Legal Plan
- Identity Theft Protection
- Critical Illness Insurance
- Accident Insurance
- Permanent Life Insurance
- Hospital Indemnity Insurance
- Auto/Home Insurance
- Pet Insurance
- Discount Program

If you are a Kindred employee and have questions about your benefits, please visit [www.KindredforMe.com](http://www.KindredforMe.com) (<http://www.KindredforMe.com/>) or contact the Kindred Benefits Marketplace line at 800-991-6171.

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Keep up with everything Kindred by following us on social media. Our social community provides valuable information you look for when making healthcare decisions.

## GET IN TOUCH

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Healthcare Questions:

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