

YOUR TAKECARE PLAYBOOK

Creating the best employee experiences

 | TAKECARE ●●●

Actionable ideas to help build an inspired and talented team.

2021

PLAYBOOK INTRO

WELCOME! ARE YOU LOOKING FOR:

No or low-cost ways to engage your employees?

Ways to build the culture and strengthen your teams?

Activations with flexible timing to fit your needs?

Your TakeCare Playbook is a library of ready-to-implement activities and team-focused activations. This guide can be used to help you plan for new events or to easily fit within existing activities. Many activities can be done virtually or can be modified to work in a socially distant group. Set goals and begin utilizing these resources at your location.

| Activity | How To Activate | Activity Time |
|-------------------|---|---------------|
| MOMENTS | Instantly execute when desired. | Varies |
| DISCOVER | Share these 1-pagers to encourage employees to prioritize their self-care at home and at work. | Ongoing |
| EXPERIENCE | Gather supplies and identify a location. Be sure to comply with social distance and safety protocols. | 2 - 4 hours |
| PLAY | Pick a timeline. Distribute materials, check-in, and celebrate the results. | 2 - 6 weeks |

By improving their wellbeing, employees will be more engaged which will provide a better customer experience and ultimately enhance business performance. According to research by the Great Places to Work® Institute, companies with the highest level of employee engagement substantially outperform on multiple metrics including customer and employee retention, productivity and profitability (up to 21% higher).

Not only will this help drive positive business results, but this will also enable your employees to fulfill their potential, in and outside the workplace.

ACTIVITIES

MOMENTS

| | |
|---------------|--------|
| INSTANT IDEAS | Page 4 |
|---------------|--------|

DISCOVER

| | |
|-------------------------|--------|
| DIGITAL DETOX | Page 5 |
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EXPERIENCE

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| SUPPORT THE FIGHT AGAINST HUMAN TRAFFICKING | enditmovement |
| VOLUNTEER IDEAS | pointsoflight.org |

PLAY

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INFUSE WELLBEING INTO YOUR SPACE INSTANTLY

TIME REQUIRED

Minimal

HOW TO ACTIVATE

Select an activity below and work it into your day.

- Start a self-care or community-care wall and encourage employees to share their tips.
- Add in 30 seconds of arm hugs (start with your arms out wide, swing them in to hug your body, then return to the wide position) during a team meeting.
- Set the mood with energizing music in the break room or employee cafeteria.
- Post signs with inspirational sayings.
- Bring a plant into a shared employee space.
- Lead a socially distanced walk during a break or encourage employees to take a call while walking.
- Ask your co-workers about their skills and talents and share your own.
- Set out sticky notes and encourage employees to leave inspiring messages for one another.
- Greet everyone you pass. Encourage employees to ask each other how they are doing.
- Create a space to showcase ways to give back to the community.
- Recognize humor through comics or pictures of animals to lighten the mood.
- Host a recipe exchange for employees to share favorite or regional dishes.

While technology can be a very useful tool, overuse can create an imbalance that may negatively affect our health. Try these to “unplug.”



DAY ONE

Once you finish work, try not to check your email until the next morning. Dedicate your entire time off to family and friends.

DAY TWO

Turn off push notifications on your phone, unsubscribe from unwanted email lists, and delete apps you do not use.

DAY THREE

Resist the urge to look at your phone or computer first thing in the morning.

DAY FOUR

Charge your devices outside your bedroom.

DAY FIVE

Eat dinner or participate in a group activity without bringing your phone.

DAY SIX

Go one day without looking at or posting on non-work-related social media.

DAY SEVEN

Avoid watching TV or looking at your phone starting at least one hour before bedtime.

FIT BREAK

Incorporate some movement into the workday.

Grab your employees and take a Fit Break! Here are 6 great exercises you can add into your schedule. Try adding these to your (and your co-worker's) calendar for accountability!

- **Walk & Talk:** Grab a friend and take a few laps around your virtual or physical location. Mix up your route when possible.
- **Tabata:** Perform a high-intensity workout in 4 minutes alternating between 20 seconds of activity and 10 seconds rest for 8 cycles. Activities could include jumping jacks, arm circles, wall sits, pushups, etc.
- **Office Yoga:** Find a few minutes throughout the day to engage in some desk or standing yoga.
- **Host a Squat Challenge:** Find a buddy and challenge them to daily squats.
- **Raise the Bar:** When going up or down stairs or simply standing in place, perform calf raises by lifting and lowering your heels in a controlled manner while keeping your toes on the ground.
- **Host a Plank-Off:** Challenge your co-workers to a plank-off! See who can hold the plank position for the longest. Repeat regularly to improve your core strength!

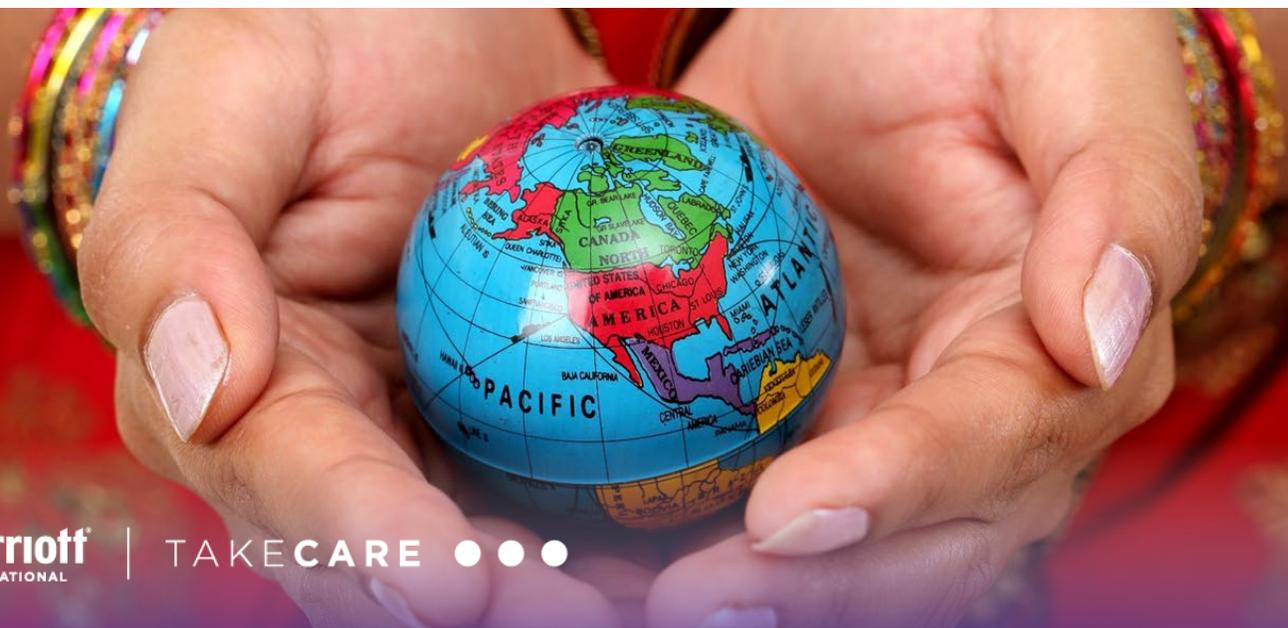
RANDOM ACTS OF KINDNESS

Spread kindness at work and in your community with simple acts.

- **Remember the little things.** Hold the door, give a compliment or share a smile.
- **Pay it forward.** Buy coffee or a snack for the person behind you in line.
- **Donate for a friend.** Plant a tree or donate in honor of a friend.
- **Recognize one another.** Give an appreciation card or write a thank you note to a teammate.
- **Give back.** Collect and donate items (canned goods, personal hygiene products, etc.) to those in need.
- **Lend a hand.** Offer help to a co-worker, a neighbor or stranger.
- **Make a new friend.** Learn something new about a co-worker.

SPARK RANDOM ACTS OF KINDNESS

Visit www.randomactsofkindness.org for more ideas.



Though many foods can be labeled as “super”, there’s no single food that holds the key to good health or disease prevention.

- **Dark leafy greens** contain folate, zinc, calcium and iron. They also have high levels of anti-inflammatory compounds that may protect against certain types of cancer.
- **Avocado** is a highly nutritious fruit that is rich in fiber, vitamins, minerals and healthy fats that may reduce inflammation in the body.
- **Berries** have vitamins, minerals and fiber, and are high in antioxidants. They may help with digestive and immune-related disorders.
- **Tea** is rich in polyphenolic compounds that can help prevent against chronic diseases such as diabetes, cancer and heart disease.
- **Legumes** such as peas, beans and lentils are loaded with nutrients, B-vitamins, minerals, protein and fiber.
- **Yogurt & kefir** are fermented foods made from milk that contain protein, calcium, B-vitamins and probiotics, that can reduce cholesterol, improve digestion and reduce inflammation.
- **Turmeric** is a bright yellow spice originally from India. Curcumin is the active compound in turmeric that may aid in wound healing and pain reduction and may help prevent chronic disease.
- **Ginger** contains antioxidants that can help manage nausea and reduce pain from inflammatory conditions. It may also reduce your risk for heart disease, dementia and certain cancers.
- **Salmon** and other oily fish are great sources of omega-3 fatty acids that can help lower your heart disease and diabetes risk.

HOBBY WORKSHOP

Celebrate your hobbies.

Your employees enjoy many things outside of work. Celebrate these hobbies by hosting a hobby workshop! Have one of your talented employees help lead a workshop to relieve stress and bring joy to others. Here are some hobbies you can showcase.

- **Knitting:** Bring in supplies (yarn, knitting needles, patterns) and have employees learn how to make something simple to keep.
- **Pottery:** Use simple clay that can be rolled and made into small glasses.
- **Upcycling:** Collect various recycled materials (cans, string, paint) and make recycled plant pots, cup holders, and more.
- **Dance:** Host an informal dance instruction where employees can learn salsa, bachata, merengue, line dances, African dance, and more.



FIND THE RIGHT SHOE

EXPERIENCE

Host a shoe-fitting event to ensure your employees know their foot type.

When participating in physical activity, it is important to wear proper footwear to avoid injury and protect your joints. You can perform a simple self-assessment on your own or organize a foot type assessment for your co-workers!

There are three basic foot types: flat-footed, normal, and high arched.

Flat Footed



This foot impression looks like the whole sole of the foot. If this is the footprint that most closely resembles yours, then you are an over pronator. This means that the arch of your foot stretches too far inward, incorrectly absorbing the shock and exposing you to injuries.

Shoe Recommendation:

Flat-footed individuals either need stability shoes or motion-control shoes, which have firmer support devices and are best for severe over pronators, as well as tall, heavy (over 75 kg), or bow-legged runners.

Normal



If your footprint looks most like this one, you are a neutral pronator. You strike the floor with your heel then while you roll towards the toes, your arch lightly collapses inward, absorbing the impact.

Shoe Recommendation:

This foot type may be best suited with a stability shoe that provides moderate arch support. Normal arched individuals should lean towards a neutral cushioned shoe without added support.

High Arched



This is the footprint of an under-pronator (or more commonly referred to as a supinator). Supinators' feet don't flex enough to provide effective shock absorption during the run, making impact with the floor very hard.

Shoe Recommendation:

High arches are best suited for neutral-cushioned shoes because they need a softer midsole.

“The Wet Test” is an easy way to identify your foot type. All you need is a shallow pan, construction paper, and water.

1. Pour a thin layer of water in a shallow pan.
2. Wet the sole of your foot.
3. Step onto a piece of construction paper, lying flat on the floor.
4. Step off and observe your footprint.

SECRET-PAL WEEK

Spread kindness at work by hosting a Secret-Pal Week.



Ask employees to volunteer to participate by having them submit their name. They should include things they like such as favorite color, TV show, sport, or food to help others get to know them.

- Have volunteers pick a name from the bucket of secret pals.
- Encourage each employee to provide notes with quotes, kind messages, treats, snacks, and words of encouragement throughout the week.
- At the end of the week, host an event to reveal each secret pal.



IN TUNE CHALLENGE

TAKE**CARE** ● ● ●

IN TUNE CHALLENGE

During this Challenge, employees take a 3-week musical journey to tune into their stress triggers and practice overcoming them. Music is something that almost anyone can access making it an easy stress reduction tool. Music connects with the nervous system—brain function, blood pressure, and heartbeat—and the limbic system, where feelings and emotions live. Music and sounds can serve as a soundtrack for daily activities. If those activities are particularly challenging or stressful, music can help increase enjoyment of them.

Through classical, dance, and rock music, employees will receive tips on how to incorporate music into everyday tasks to reduce stress and induce relaxation. Each day, they'll collect points while noting how music and the suggested activities impacted their day.

Sample Timeline

- Select a 3-week period to hold the Challenge and 2-3 weeks before the it starts, share the details flyer on Page 3 with employees.
- A few days before the Challenge starts, provide the tracker to employees.
- At the start of each week, distribute and post the weekly flyer.
- Track completion of Challenge at the end of the 3-week period.

Property Leader's Role

- During standup, ask employees to name their favorite band
- Create a music suggestion box and ask employees what kind of music they want to hear in a shared space or break room.
- Know an employee who is musically talented? Ask if they would perform for their co-workers in a mini concert series.

JOIN US

PLAY

🎵 IN TUNE CHALLENGE

We experience stress for different reasons. Music has been used for hundreds of years to provide harmony between the mind and body.

During the Challenge, you'll be provided with facts and tips to help you reduce stress. Try the suggested activities and use your tracker to stay motivated for the three weeks. You'll receive a point for each day that you incorporate music into your day. In addition, you can include the song title, activity completed, or just how you felt before, during, and after.



IN TUNE CHALLENGE

Dates:

XXX

CLASSICAL

🎵 IN TUNE CHALLENGE

Did you know?

A slower tempo can quiet your mind and relax your muscles, making you feel soothed while releasing the stress of the day. According to a study in the *Journal of Health Psychology*, people who listened to classical music had lower blood pressure, felt more relaxed, had a reduction in brain activity and a decreased heart rate. Scientists also found that listening to classical music may reduce anxiety and cortisol levels.

Practice while eating: Eating too quickly or eating while stressed can interfere with digestion, and solid digestion is necessary for good health and wellbeing. Listening to relaxing music or calming sounds while eating can help you snack more mindfully.

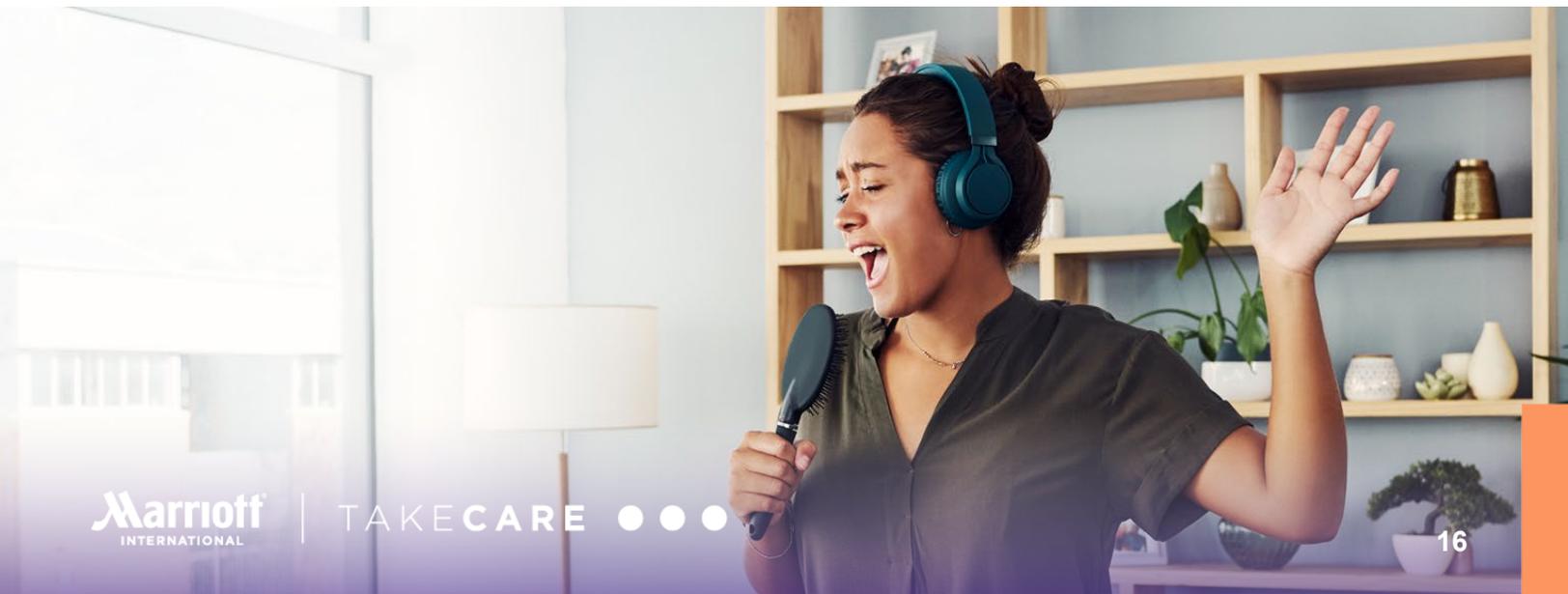
Practice at bedtime: Research shows that during the rapid-eye movement (REM) stage of sleep stress hormones decrease and your brain is prepped for the next day's social and emotional functioning. Soothing tunes and sounds can help slow down your breath and relax your mind. Consider turning on a white noise machine, which produces natural sounds such as rushing waterfalls to help fall into a deep slumber.

 IN TUNE CHALLENGE**Did you know?**

Upbeat music can make you feel more optimistic and positive about life. Music composed specifically to facilitate or accompany dancing can help release endorphins which serve to reduce stress and cause your body to feel calm.

Practice during your commute: Road rage doesn't get you anywhere other than to a place of increased stress and anxiety. Music can help you release built-up tension and reframe negative thoughts about the commute itself (e.g., how rude other drivers are, how the long train or bus ride feels like wasted time) to thoughts focused on how great the music makes you feel.

Practice while doing chores: Although it can feel gratifying to come home to a clean house, finding energy to do what it takes to get to that can be tough. Music can be a great motivator and help make the most routine or mundane tasks seem more fun. If you've never had an impromptu dance party to your favorite song while vacuuming, give it a try and see how you feel afterward.



 IN TUNE CHALLENGE**Did you know?**

Faster music can make you feel more alert and concentrate better. Loud music eased feelings of hostility, by helping the people process their range of emotions and leaving them feeling inspired and free.

Practice while getting ready for your day: If the day ahead includes a big presentation or a tough conversation, some tunes could ease your nerves and even shift them into feelings of confidence and compassion. You're more ready to take on the known stressors—and any unexpected ones that may come up.

Practice while on deadline: Racing against the clock to meet a project deadline can feel exhilarating and motivating. However, there's also an element of stress. Because music activates the right and left brain, it's known to improve concentration, which can get you to the finish line quicker.

IN TUNE CHALLENGE: TRACKER

PLAY

IN TUNE CHALLENGE

Over the three weeks, give yourself one point for each day that you incorporated music in your activities. You can also use this space to include the song title, activity completed, or just how you felt before, during, and after.

| | | | | | | | |
|-------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| WEEK ONE | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| WEEK TWO | Day 8 | Day 9 | Day 10 | Day 11 | Day 12 | Day 13 | Day 14 |
| WEEK THREE | Day 15 | Day 16 | Day 17 | Day 18 | Day 19 | Day 20 | Day 21 |



WALK THE WORLD CHALLENGE

TAKECARE ●●●



WALK THE WORLD CHALLENGE

Welcome to the Walk the World Challenge! During this Challenge, encourage your employees to track their steps each day and compete to collect the most total steps for four weeks. This Challenge is designed for teams of five. Ask your employees to create teams and designate a team captain.

Each week, participants will keep track of their steps using a pedometer or a steps tracker on their phone. Encourage them to note their steps on the paper tracker each day. Participants will be provided with individual and team mini-Challenges to help them maximize their steps.

Keep momentum high by providing prizes or recognition to top teams and individuals. Additionally, provide extra opportunities for movement during work hours, such as stair climbs, group walks and fitness classes.

Most of all, have fun! Competition is a great way to engage your employees in healthy behaviors.

Example Timeline

- 2-3 weeks before the Challenge starts, post and email the Challenge Details Flyer to your employees to generate sign-ups. Collect team rosters. Encourage teams to get creative with their team names.
- On the first day of the Challenge, email or post the first tips sheet.
- At the start of week two, collect the team totals from your captains. Color in the leaderboard bars for each team and email the leaderboard to all participants along with the second tips sheet. Use multiple leaderboards if you have many teams. Host a mini-Challenge to see who can get the most steps in one day.
- At the start of week three, collect the team totals and email or post the leaderboard along with the week three tips sheet. Host a “Walking Wednesday” event with senior leadership.
- At the start of week four, collect the team totals from your captains and email or post the leaderboard along with the fourth tips sheet.
- When the Challenge ends, collect team totals from captains and post or email Challenge winners. Celebrate successes!

WALK THE WORLD CHALLENGE

Get inspired by some of the world's most exotic locations while keeping track of your steps! Along the way, maximize your steps by participating in personal fitness and health Challenges.

Research suggests that optimal health can be reached by attaining at least 10,000 steps per day. However, we Challenge you to reach the goal that is best for you. Start by tracking your steps and try to increase your total steps each day.

Here's How it Works

Create Your Team:

Invite four co-workers to join you. Each week, you and your team members will keep track of your daily steps and report your total team steps to your Champion.

Keeping Track:

Use a pedometer or the steps tracker on your phone to keep track of your daily steps. At the end of each day, mark down your steps on your paper tracker.

Team and Personal Challenges:

You'll be provided with a weekly team Challenge to complete together. Additionally, you'll have the option to complete a personal Challenge to help you maximize your steps and improve your health and fitness.




**WALK THE
WORLD
CHALLENGE**
Dates:
XXX



WALK THE WORLD CHALLENGE

Climb Mount Wutai in Xinzhou, China

With five flat peaks, Mount Wutai is a sacred Buddhist mountain with forty-one monasteries. Wutai means “the five-terrace mountain,” is the highest in Northern China, and noted for its dramatic slopes and open, treeless peaks. Temples have been built on the site since the first century, AD.

Fitness as a Mood Enhancer

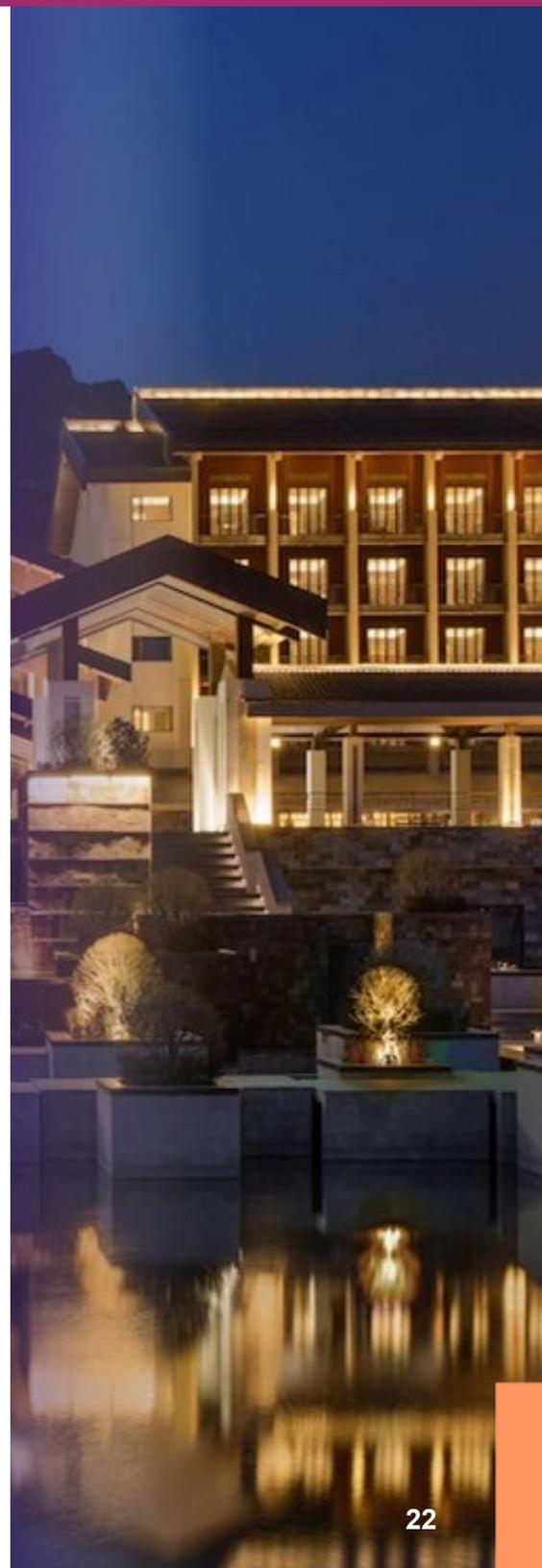
The endorphins we release when we exercise are powerful mood enhancers that can make us feel like we’re on top of the world.

Personal Daily Challenges

1. Write down your fitness or wellness goal. What can you accomplish in one month?
2. Test your limits! Try a “wall-sit”. Lean against the wall and squat down until your legs are at a 90-degree angle at your hip joint and your knee joint. How long can you hold it?
3. Drink 64 ounces of water today.
4. Complete as many pushups as you can today. Take note of how many you do.
5. Meditate for 5 minutes. Try to focus only on your breath and take time to relax.
6. Avoid elevators and escalators all day today. Make it a stairs-only day.
7. Walk for a full hour today!

Weekly Team Challenge

You don’t need to visit Northern China to climb a mountain. Do a mountain climber Tabata with your team! A Tabata is an exercise that you complete in four minutes – eight cycles of 20 seconds of work and 10 seconds of rest. Can’t do mountain climbers? Try high knees or jumping jacks.





WALK THE WORLD CHALLENGE

Wander the Streets in Florence, Italy

The city of Florence is visited by nearly 2 million visitors each year. Tourists wander some of the oldest streets in the world and visit exceptional artistic treasures such as the Baptistery, the Uffizi and the Bargello. The library of San Lorenzo is an exhibit of Michelangelo's architectural genius.

Walking Improves Health

While most people think of exercise as sport, the scientific evidence shows it is everyday activities like walking and stair climbing that are most closely associated with improved health.

Daily Challenges

1. Try a workout you've never done before today.
2. Eat three *different* kinds of fruits today.
3. Work your brain – try a crossword puzzle or brain game.
4. Jump rope for 5 minutes as a fitness bonus today.
5. Avoid beverages with calories today. No soda, juice or energy drinks!
6. Write down your life bucket list. What's on your wish list?
7. Workout with a partner today. Be accountable for each other's health!

Weekly Team Challenge

The Palazzo Vecchio's clock tower, Tower of Arnolfo is a dominant feature of the Florence skyline, and has 223 steps to a beautiful panoramic view of the city. Grab your teammates and climb 223 steps together this week.





WALK THE WORLD CHALLENGE

Trek the Jungle in the Amazon Rainforest

More than 20% of Earth's oxygen is produced in the Amazon Rainforest, which is located in Brazil, Peru, Columbia, Venezuela, Ecuador, Bolivia, Guyana, Suriname and French Guiana. There are an estimated 390 billion individual trees divided up into 16,000 species. Many people refer to the region as the "Lungs of the Planet."

Breathing is Crucial

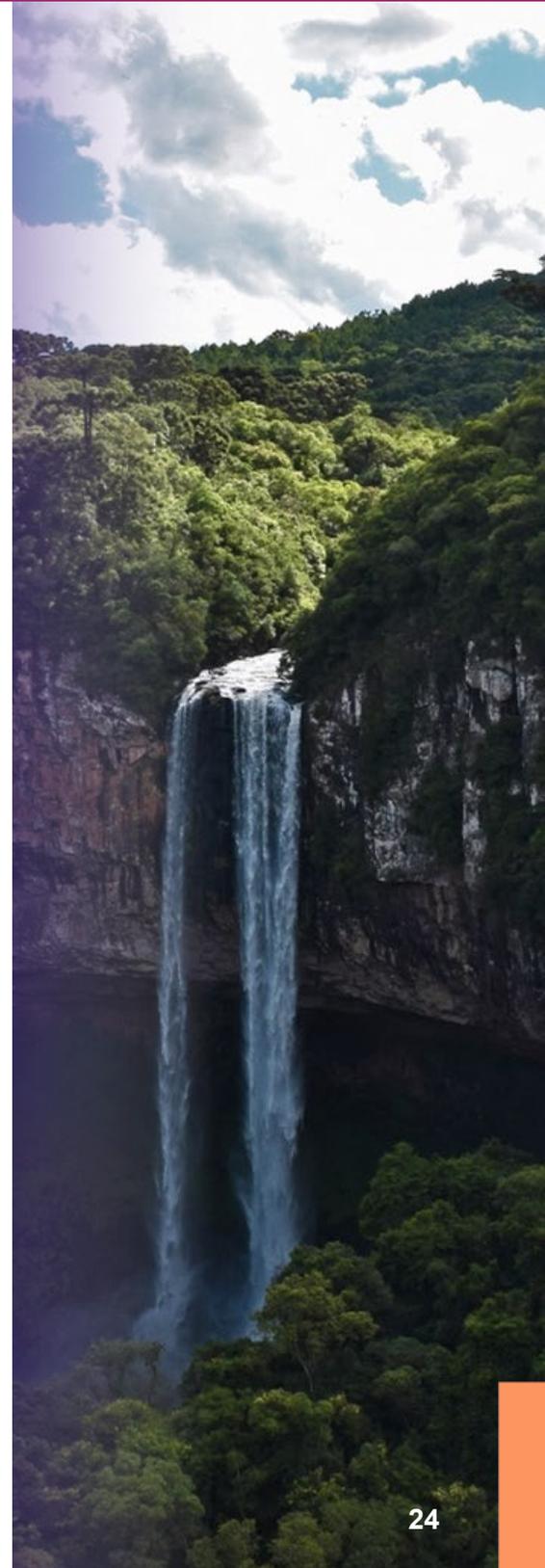
Whether you're walking, biking, or running, proper breathing is fundamental to get the most out of your exercise routine. By using poor breathing techniques, your body can't get the oxygen it needs, which can make you tired and may even interfere with your recovery.

Daily Challenges

1. Try "belly breathing." Lie on the floor and place your hand on your belly. Breathe so you can feel your hand rise up and down. This technique helps reduce stress and increase oxygen to the body.
2. Think about hydration today. Count how much water you drink over the course of the day.
3. Try a fitness class. If you don't have access to a gym, try your library or online.
4. Walk and talk. Get your steps in by walking with a friend today.
5. Keep track of your food. Write down what you eat today and be mindful of your choices.
6. Make sleep a priority today. Go to bed early and try to get 8 hours to feel refreshed tomorrow.
7. Track your fiber. Look at your food labels and try to get 25 grams of fiber today.

Weekly Team Challenge

Focus on your core this week and have a plank-off. See how long your team can hold a plank position together. Encourage each other! Can you "plank" longer than other teams?





WALK THE WORLD CHALLENGE

Walk the Red Sea Beaches in Sharm El Sheikh, Egypt

Sharm El-Sheikh has become Egypt's resort capital due to its warm, crystal blue water and long, wide beaches. Visitors enjoy swimming and strolling along the sand, as well as some of the best diving in the world along the reefs of the Red Sea.

Get Outside

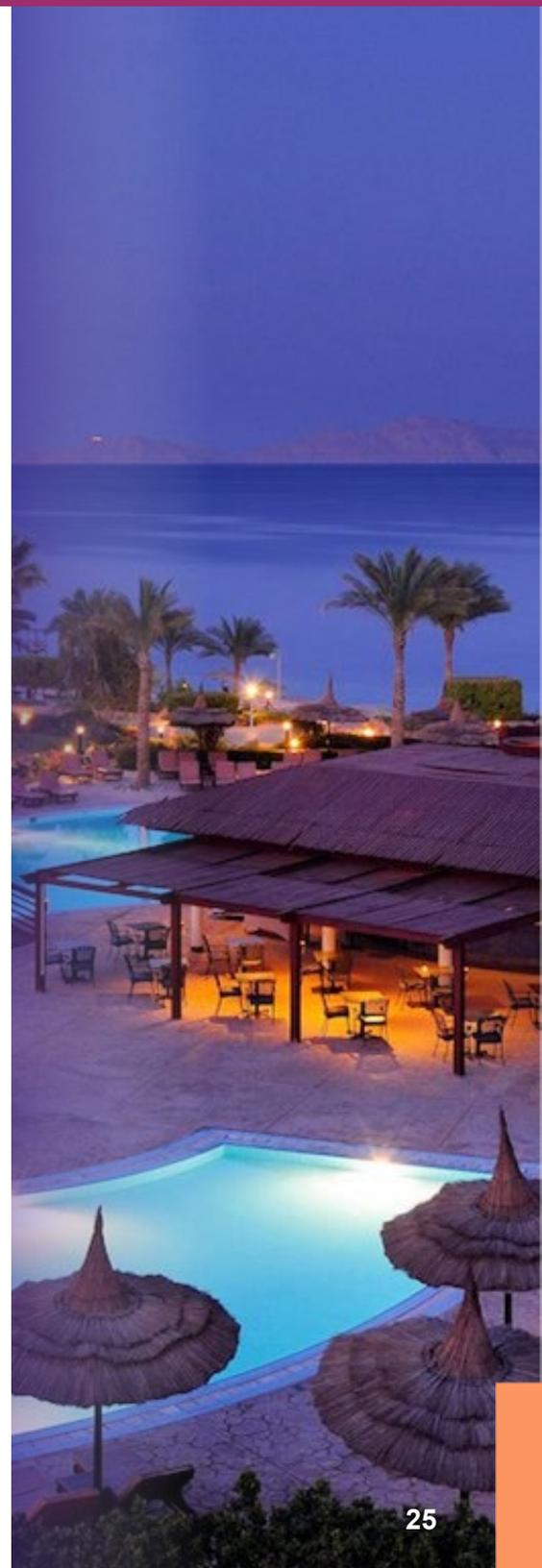
Exercising outdoors improves psychological health more than exercising indoors. Those who exercise outdoors measure higher in vitality, enthusiasm, self-esteem and pleasure than their indoor counterparts.

Daily Challenges

1. Act like a kid! Play outside for 30 minutes today to increase endorphins and burn calories.
2. Add in at least 15 minutes of relaxation to your day. Maybe this means meditating, a warm bath or just quiet reading.
3. Try a healthy food you've never had today.
4. Take time to stretch today. Stretch muscles only after they're warm (after a workout or bath/shower) and hold stretches for 30-60 seconds.
5. Eat a minimum of 5 fruits and vegetables today.
6. Walk with someone you haven't walked with before.
7. Spot check: hold that wall sit for as long as you can. How far have you come in 4 weeks?

Weekly Team Challenge

Challenge each other! Put each team member's name in a hat and draw names. Create a week-long Challenge for the teammate you choose. Make it simple but challenging. Check in with your teammates to keep them on track.



WALK THE WORLD: TRACKER

PLAY

 Keep track of your daily steps and your challenges during the challenge.



WEEK
ONE

Day 1: Date: _____ Steps: _____
Day 2: Date: _____ Steps: _____
Day 3: Date: _____ Steps: _____
Day 4: Date: _____ Steps: _____
Day 5: Date: _____ Steps: _____
Day 6: Date: _____ Steps: _____
Day 7: Date: _____ Steps: _____
Weekly total: _____ Steps



WEEK
TWO

Day 1: Date: _____ Steps: _____
Day 2: Date: _____ Steps: _____
Day 3: Date: _____ Steps: _____
Day 4: Date: _____ Steps: _____
Day 5: Date: _____ Steps: _____
Day 6: Date: _____ Steps: _____
Day 7: Date: _____ Steps: _____
Weekly total: _____ Steps



WEEK
THREE

Day 1: Date: _____ Steps: _____
Day 2: Date: _____ Steps: _____
Day 3: Date: _____ Steps: _____
Day 4: Date: _____ Steps: _____
Day 5: Date: _____ Steps: _____
Day 6: Date: _____ Steps: _____
Day 7: Date: _____ Steps: _____
Weekly total: _____ Steps



WEEK
FOUR

Day 1: Date: _____ Steps: _____
Day 2: Date: _____ Steps: _____
Day 3: Date: _____ Steps: _____
Day 4: Date: _____ Steps: _____
Day 5: Date: _____ Steps: _____
Day 6: Date: _____ Steps: _____
Day 7: Date: _____ Steps: _____
Weekly total: _____ Steps

CHALLENGE LEADERBOARD

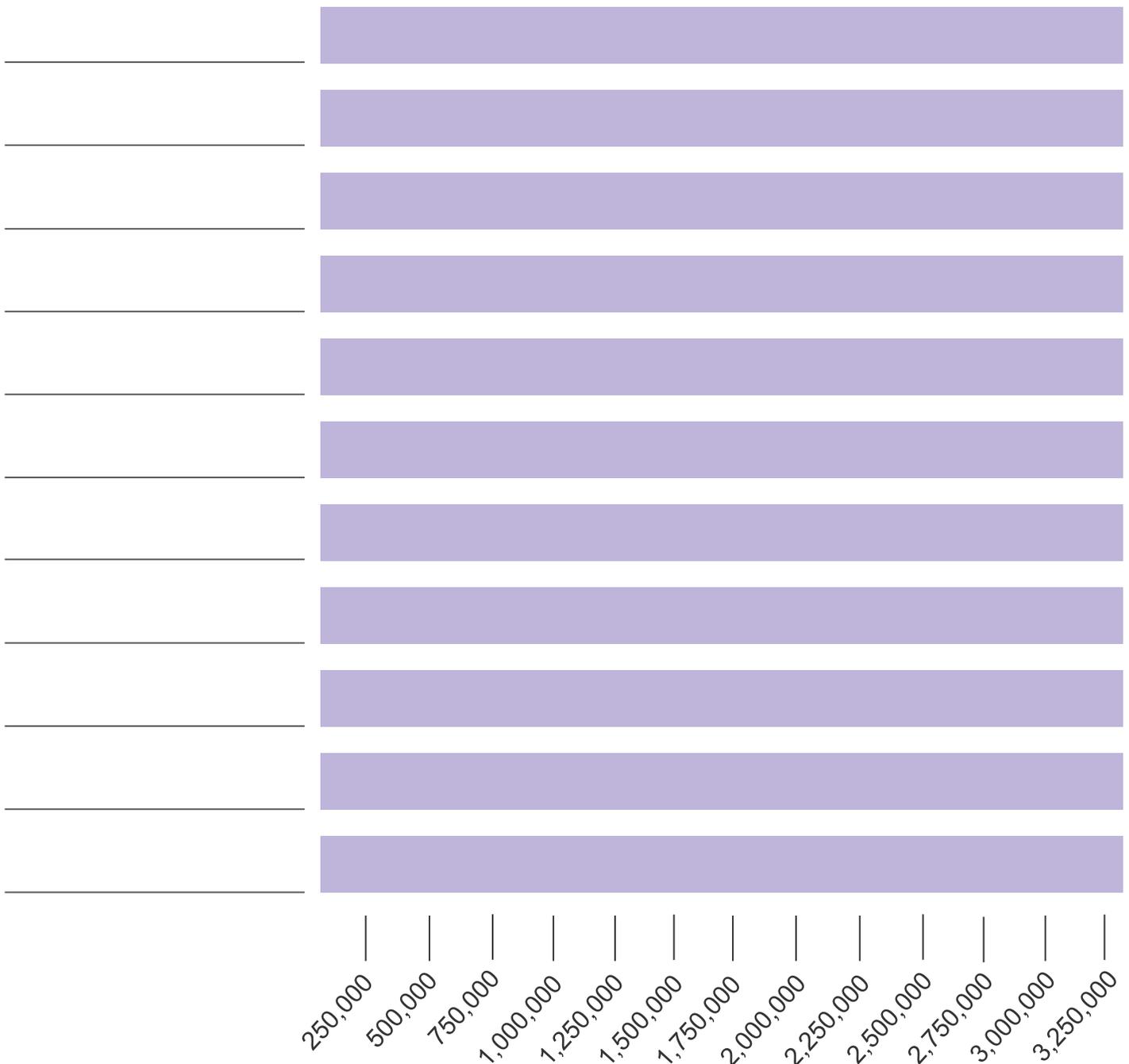
PLAY



WALK THE WORLD CHALLENGE

Team Name

Total Team Steps



PLANK CHALLENGE

PLAY

Increase your plank time during a 30-day period.

Each day, take the time to hold a “plank” position for the number of seconds listed. As you increase your time, you’ll build your core strength. Remember to keep your body very straight, engage your core muscles and don’t let your back sway. **Have fun!**

| | | | | | | |
|------------------------|------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
| 15 seconds 1 | 20 seconds 2 | 25 seconds 3 | 30 seconds 4 | 35 seconds 5 | 40 seconds 6 | 45 seconds 7 |
| 50 seconds 8 | 55 seconds 9 | 1 minute 10 | 1 minute 5 seconds 11 | 1 minute 10 seconds 12 | 1 minute 15 seconds 13 | 1 minute 20 seconds 14 |
| 1 minute 25 seconds 15 | 1 minute 30 seconds 16 | 1 minute 35 seconds 17 | 1 minute 40 seconds 18 | 1 minute 45 seconds 19 | 1 minute 50 seconds 20 | 1 minute 55 seconds 21 |
| 2 minutes 22 | 2 minutes 5 seconds 23 | 2 minutes 10 seconds 24 | 2 minutes 15 seconds 25 | 2 minutes 20 seconds 26 | 2 minutes 25 seconds 27 | 2 minutes 30 seconds 28 |
| 2 minute 35 seconds 29 | 2 minute 40 seconds 30 | | | | | |



This is just a sample of TakeCare resources. For more, visit takecare.marriott.com.