

Benefits & Wellness

YEAR IN REVIEW 2022

— WELLNESS REBRAND —



We created CRA+ to give our team members the tools and resources to be the best versions of themselves—and to encourage both personal and professional growth.

Encompassing everything from physical and mental health to financial wellbeing, our wellness initiatives are designed to educate, support and empower. So, employees can bring their (CR)A game every day—both inside and outside the office.

— NEW PROGRAMS —



Wellness Incentives
Points based program through Virgin Pulse that lets employees earn rewards on a quarterly basis.

Monthly Meditation & Stretch Sessions

Once a month, we offered a 30-minute wellness session, giving team members a chance to stretch or meditate.



Financial Wellness

Financial wellness is an important part of our overall wellbeing. To that end, we hosted financial webinars, a global financial wellness challenge, and held 1:1 sessions with financial and retirement advisors.

— RAISING AWARENESS —



From infographics on Mental Health Month to sharing tips on effective ways to use PTO, when it comes to taking control of our health, we believe sharing is caring (especially on social media)!

— BY THE NUMBERS —

4

Wellness Challenges



12

Wellness Newsletters

which included tips for financial budgeting strategies, stress management, and easy-to-make recipes—just to name a few.

12

Wellness Ambassadors

stationed at CRA offices around the globe, these 12 individuals work closely with our Wellness team to advocate for employee wellbeing.

37

Wellness Workshops

that reached over 800 participants, with topics ranging from financial wellness and cooking demonstrations to the science of good sleep.

Looking forward to a happy and healthy 2023!

To learn more about Benefits & Wellness at CRA, visit: crai.com/benefits

CRA Charles River
Associates