

Paid Wellness Day

United Rentals offers eligible* employees one paid Wellness Day per year to engage with their doctor or participate in activities that support physical, emotional or financial well-being.

U.S. employees with a UR Medical Plan: Earn a \$1000 Wellness Incentive by completing two steps:

1. Get an annual physical exam (go to **My.QuestForHealth.com** [registration key: UR] for the form your doctor will need to complete and submit); or schedule a screening at a nearby Quest Diagnostics Patient Service Center; or get an onsite health screening at your branch/office; **and**
2. Complete an online Health Questionnaire at **My.QuestForHealth.com**.

Incentive questions? Call Quest at **855-623-9355**.

NO Wellness Day Form Required

YES You can still take a Wellness Day even if you get an onsite health screening

Here's How It Works:

Schedule



Request your day off from your supervisor then input your request into Workday using the Absence (suitcase) app.

Engage



Engage with your doctor at an annual physical exam. You may also choose an activity that supports your physical, financial or emotional well-being. **Some ideas:**

- Get outside for a hike, walk, or a new exercise
- Volunteer for a cause that is important to you
- Complete a Retirement Plan Checkup
 - » Principal (U.S.): **800-547-7754**
 - » Sun Life (Canada): **866-896-6976**

Enjoy



Enjoy the rest of your Wellness Day – it's all about you.

* One paid Wellness Day is offered annually to all active, regular part-time and full-time non-union employees of the U.S. (including Puerto Rico) and Canada. Newly hired and re-hired employees are eligible for a paid Wellness Day on the first day of employment. Union employees are not eligible for a paid Wellness Day unless indicated in their collective bargaining agreement.

