



Message from Shamus

To All Parkson Employees:

It is my pleasure to share this letter from Cigna Healthcare recognizing Parkson for our commitment to, and execution of the Health and Wellness Program they offer. We also get a trophy to boot, so how about that!

Of course, it takes a pretty high level of engagement by employees to garner such attention relative to the many peer companies Cigna has as clients. And while the recognition is appreciated, it's the outcomes that matter; better employee health, higher productivity, being smarter consumers of health services, taking preventive actions to avoid health issues down the road, improving your education and awareness on various health topics, and so on. I encourage everyone to continue making these behaviors your new normal; you're making great progress.

While you all deserve a round of applause, I do want to take this opportunity to single out *Ingrid Nilo*, Parkson's HR Leader, for her tireless efforts in leading the charge around many of the wellness initiatives and benefit choices we have today. She does whatever it takes to get us up and moving, thinking about the stuff that matters, expanding our learning, and cheerleading along the way. Thank you, Ingrid!

Wishing you all a continued, healthy journey at Parkson, and thank you for all that you do every day to make a difference.

Warmest regards,
Shamus