

## January Edition: Healthy Habits That Last

January isn't just the start of a new year, it's the perfect time to lay the foundation for healthy habits that last. Instead of trying quick fixes or extreme resolutions, focus on small, sustainable changes that fit your lifestyle. Simple steps like staying hydrated, moving daily, practicing mindfulness, and prioritizing balanced meals can create momentum for long-term well-being. Think of this as your reset button and start with achievable goals, celebrate progress, and build routines that support your health all year long. If you're unsure where to start, it is important to understand that every habit has a cycle and it takes 21 days to form a habit. Click [here](#) to see a list of Health Advocate's simple habits.

## Financial Wellness Month

Start the New Year with a fresh perspective on your retirement and investment goals. As you set your 2026 resolutions, take a moment to review your retirement savings strategy.

Fidelity offers monthly one-on-one consultations exclusively for Goodwin employees to help you define your goals and create a personalized plan.

Schedule your appointment for Tuesday, January 20th with a Fidelity advisor by clicking [here](#).

[Use this tool](#) to see an example of how a small increase in your workplace savings plan contribution can make a powerful difference.

[Financial Wellness Checkup](#). If you haven't done so, take Fidelity's financial wellness checkup to see where you're at and get help taking your next steps. It only takes less than 10 minutes to see where you stand and how to improve.

**The Power of Self Talk** – Pay attention to your inner voice and be aware when negative patterns emerge. It's not about judgment—it's about understanding how your mind works so you can make small, meaningful shifts toward positivity.

**Identify Unhelpful Routines** – Take a closer look at habits that may be holding you back. For example, are late nights leaving you drained? Ask yourself what's keeping you up. Then, make small adjustments or choose positive alternatives like reading a book instead of scrolling on your phone to create healthier routines.

Plan for setbacks and celebrate your progress, no matter how big or small.



## January BHC Availability

One-on-one confidential support, with Behavioural Health Consultants (BHCs), is available to you to discuss any life challenge and receive guidance on topics such as, work/personal relationships, family, parenting, anxiety, and more.

- Andrew – every Tuesday
- Leslie – every Wednesday & Jan 8
- Stephanie – Jan 15
- Shirley – Jan 16
- Leighna – Jan 28

Schedule your consultation [here](#).



## Health Advocate

This benefit is available at no cost to partners and employees and their spouse/domestic partner, dependent children, parents, and parents-in-law. With Health Advocate, you will have your own Personal Health Advocate, a registered nurse, and the support of a team of medical doctors and administrative experts. You will have the confidence in knowing that the entire Health Advocate team is working on your behalf to help, and represent your needs. Some of the things Health Advocate can assist with are the following:

- Help finding the best doctors and hospitals and getting to see them
- Help obtaining services for your elderly parents
- Help scheduling timely appointments, especially with specialist physicians
- Help when faced with serious illness or injury
- Help with insurance claims and billing issues

Click [here](#) to learn more.



## Upcoming Events

Explore topics this month through webinars, meditations, and workshops hosted by our vendors. Highlighted offerings include:

- Bright Horizons: Developing a High School Plan
- Bright Horizons: Understand and Negotiating Financial Aid and Scholarship Offers
- Fidelity: Financial Wellness Workshops
- Headspace Meditation: Reflect and Reset
- Health Advocate: The Journey to Happiness
- One Medical: What is One Medical?
- Wellthy: Caring in a Digital World – Apps, AI, and Resources that Simplify Care Today

Click [here](#) to see all events.

## The Well-Being Brief



*Well-being means finding balance in body, mind, and spirit. For me, that looks like daily workouts to stay strong and clear-headed, healthy eating to fuel my body, and upbeat music to keep me motivated. I also nurture my spirit through meaningful connections—family vacations and time with friends that create lasting memories. Well-being is a holistic blend of fitness, mindfulness, and connection.*

**- Lainie Asch, Paralegal Manager**

Click [here](#) to submit your wellness tips at work to be featured in our You@Goodwin newsletter

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