



# NEWSLETTER

JULY 2022

EXPERIENCED PEOPLE  
INNOVATIVE TECHNOLOGY  
REMARKABLE RESULTS





EXPERIENCED PEOPLE | INNOVATIVE TECHNOLOGY | REMARKABLE RESULTS

NEWSLETTER  
**JULY 2022**

Hello **Etech team!**

Did you know that all of us were born to be leaders. The first person we will ever lead, and the most important, is ourselves.

John Maxwell offers 3 “must haves” for leading yourself successfully.

- 1. You must live intentionally.** To live intentionally, you must bridge the gap between knowing and doing. You must take your good intentions and act them out. Living intentionally means being authentic to my own experiences, aspirations, and goals. Rather than living up to others' expectations, it means living a life aligned with my own values. Living intentionally is a lifelong journey but you must start somewhere. This blog contains 11 tips to help you on your journey. <https://www.skillshare.com/blog/what-it-means-to-live-intentionally-and-11-tips-to-try/>
- 2. You got to exceed expectations.** Having a mindset that exceeds expectations means that every task or situation is viewed as an opportunity to go above and beyond what is expected by your co-workers, bosses, clients, other stakeholders, and yourself. Expectations can only be exceeded when there is a clear understanding of the expected base performance. To lead yourself and exceed expectations, start each initiative with a clear understanding of what is expected by you and from you.
- 3. You must be consistent.** Being consistent means you are applying the same work effort, integrity, standard and commitment every time. Be consistent is being you, not some version of you portrayed on social media. As a leader, being consistent is so important that it is the cornerstone to building trust. Without trust, there is no relationship with your team. Here is a good read on the importance of being consistent in the workplace. <https://www.morningcoach.com/blog/how-to-be-consistent-and-why-it-s-important-to-your-success>

Be intentional, know & exceed your expectations, and be consistent. Some great insight to consider from Dr. John on this beautiful Wednesday. I encourage you to take some time to be intentional in knowing where you stand in each of these areas, it may just make you a better leader!

Until next time, may you make a difference in the lives you touch each day.

- Matt Rocco  
President & CEO

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## Etech's 12 Character Commitments

- INTEGRITY
- VALUING PEOPLE
- TEAM WORK
- ACCOUNTABILITY
- COMMUNICATION
- VISION
- ADAPTABILITY
- HUMILITY
- CREATIVITY
- TEACHABILITY
- POSITIVE INFLUENCE
- COURAGE

## Wellness @ Etech

ETECH WELLNESS

# KEEPING IN GOOD HEALTH

## TIPS FOR MAINTAINING A HEALTHY LIFESTYLE

ON JULY 27, 2022

The Etech Wellness Team is sharing some basic tips for how to maintain a healthy lifestyle, body weight, and overall well-being.

ETECH WELLNESS

### TIP #1



#### Exercise Regularly and Be Physically Active

Engaging in regular exercise can strengthen the heart, improve blood circulation, tone muscles, and enhance flexibility. Research shows that physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress and clinical depression.

### TIP #2



#### Get Enough Rest

Numerous studies have shown that adequate sleep can enhance fine motor skills, reaction time, muscular power, muscular endurance, and problem-solving skills. Maintaining a healthy sleep schedule helps you stay motivated, alert, and engaged. Sleep helps your immune system stay strong, as while you're asleep, your body repairs important cells and tissues.

ETECH WELLNESS

### TIP #3



#### Drink Water, Stay Hydrated, and Limit Sugared Beverages

Drinking enough water each day is crucial for many reasons: to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood.

### TIP #4



#### Limit Unhealthy Foods and Eat Healthy Meals

Eating a healthy diet has many health benefits including maintaining optimal weight, and boosting your mood. A healthy diet can also help protect you from heart disease, type 2 diabetes, and some types of cancer.

ETECH WELLNESS

### TIP #5



#### Find Ways to Manage Your Emotions

Drinking enough water each day is crucial for many reasons: to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood.

### TIP #6



#### Avoid harmful use of Alcohol and Drugs

Eating a healthy diet has many health benefits including maintaining optimal weight, and boosting your mood. A healthy diet can also help protect you from heart disease, type 2 diabetes, and some types of cancer.



## Sun and Heat Awareness @ Etech

Heat-related illnesses are preventable. Learn the symptoms and what to do if you or a loved one shows signs of having a heat-related illness.

### Warning Signs and Symptoms of Heat-Related Illness

#### Heat Stroke-

- What to Look For: High body temperature (103 F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

#### Heat Exhaustion-

- Heavy Sweating
- Cold, pale, and clammy skin
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting 9passing out

#### Heat Cramps-

- Heavy sweating during intense exercise
- Muscle pain or spasms

#### Sunburn-

- Painful, red, and warm skin
- Blisters on the skin

#### Heat Rash-

- Red Clusters or small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

#### What to do:


- Call 911 Heat stroke is a medical emergency.
- Move to a cooler place
- Use cool cloths or take a cool bath
- Stop physical Activity
- Drink water or a Sports Drink
- Use powder to keep Sunburn or Heat Rash dry.




## Advisory Monsoon Precautions @ Gandhinagar & Vadodara


*"Everybody wants happiness, and nobody wants pain, but you can't have a Rainbow without a little rain". -*

Zion Lee.



### ADVISORY - MONSOON PREPAREDNESS

  
**DO'S**

  
**DON'TS**

- ✓ Ensure that your house/building's meter cabin is adequately protected from water seepage and water logging.
- ✓ Get the entire wiring in your premises thoroughly checked and tested by a licensed electrician / contractor & ensure earthing is in place.
- ✓ Put off the main switch in case there is water logging or seepage observed in the meter cabin.
- ✓ Put on the main switch only after ensuring that all faults have been rectified properly.

- ✓ Do not touch any electrical installation with wet hands.
- ✓ In case of sparking and / or water leakages, do not touch meter in cabin or any electrical installations.
- ✓ Do not move out when it is raining extremely heavy. Do not walk on streets with water logging, it is risky.



### TIPS FOR HEALTH CARE DURING MONSOON

**WHAT NOT TO DO**

**WHAT TO DO**

- ✓ Avoid oily food, street food or any type of food prepared in bulk - in situation of upset stomach.
- ✓ Avoid excessive intake of coffee and tea as they dehydrate body fluids.
- ✓ Avoid sea food, canned food, leafy veggies, fizzy drinks & Pre-cut fruits

- ✓ Drink herbal tea as they are rich in antioxidants & boost immune system.
- ✓ Binge on fresh fruits, hot soups, oats and barley.
- ✓ Remain hydrated by drinking water preferably lukewarm.
- ✓ Add a dash of garlic to soups or curries - This helps increase body's immunity.
- ✓ Consume Soups, cherries, herbal tea, fenugreek, Garlic, Turmeric.
- ✓ Wash hands often with detergent. Disinfect raw food. Boil water.

## Health Fair @ Jamaica

On July 15th, 2022, Team Jamaica hosted a health fair put on by Baywest Wellness Hospital & Clinics, a local health care provider within our communities. Employees were excited to participate in this exercise knowing that this was a big help in saving them some hard earned cash. There were doctors, dental hygienist, blood pressure checks etc. A "Big Thank you" to all who made this exercise possibly.



Baywest Wellness Hospital & Clinics invites you to their

# HEALTH FAIR



**FRIDAY, JULY 15, 2022**  
**10AM - 4PM**

**ETECH GLOBAL**  
FREEPORT, MONTEGO BAY

Baywest Wellness Clinic (Baywest Shopping Centre) - (876) 940-7063/280-8956  
Baywest Wellness Clinic (Fairview) - (876) 722-6508/550-1301  
Baywest Hospital (Half Moon Shopping Village) - (876) 676-7381-2





## Employee Engagement activity @ Etech

**Team Jamaica** - For the month of July, the HR team held our crazy socks day competition. Employees were asked with wearing the craziest, most creative pair of socks they own. The winner was awarded a JMD \$5,000 Pier 1 Gift Voucher and the runner up as awarded a \$500 phone credit voucher. This activity was aimed at bringing out the fun and creative sides of our employees!



**Team Palm Beach** - Team celebrated "World Chocolate Day" on July 7th. They had a chocolate feast in the break room where agents had all kinds of delicious options to choose from. They had individually wrapped brownies, pudding cups, cookies, and chocolate candy bars.





## Employee Engagement activity @ Etech

**Team Rusk** - The center Winning Culture Survey Task Force had a carnival day for onsite employees to enjoy! Fun was had by all playing games and winning prizes!





## Community Give Back Initiatives @ Etech

### Team Dallas -



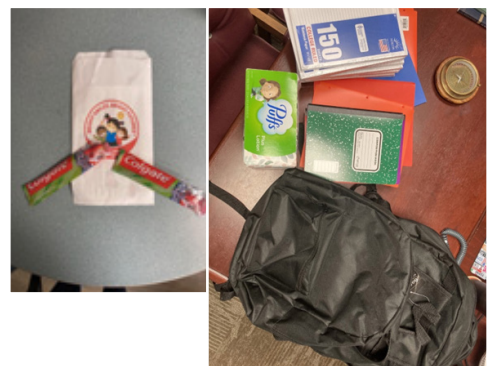
**Team San Antonio -** Team held a new or gently used book donation drive for the Children's Hospital of San Antonio in July. The center was able to donate 75 books to the hospital. The books range in levels, so different age groups can enjoy the books.



**Team Jamaica -** The HR team organized a cleaning supplies donation drive for the St. James Infirmary. The employees donated generously to the cause. The recipients were very happy to receive the items that were presented to them, and they assured us that they are beyond appreciative and that these much-needed items will go a long way.



**Team Lufkin -** It's almost back to school time! Asst. Team Leader Amber Sherman started a school supply drive where they collected backpacks, paper, folders, notebooks, and tissue. All items were donated to a school in Lufkin ISD! She also partnered with a local dentist office, and they donated toothbrushes for the kiddos!





## Community Give Back Initiatives @ Etech

**Team Nacogdoches** - Making a remarkable difference in our community, leaders from the Nacogdoches center volunteered every Wednesday during the months of June and July by going to the Nacogdoches Boys and Girls Club and assisting the Nacogdoches Rotary Club with their Mobile Book Library. This give back was designed to encourage childhood literacy during the summer months. Teams of 3 or more Etech leaders would assist the children in selecting age-appropriate books. Over the 8 Wednesday's, Etech's Nacogdoches Leadership Team was able to volunteer over 30 hours to this worthy cause. Thank you to all who volunteered!



**Team Gandhinagar** - Making Team visited Kailash dham, an old age home and distributed daily needs like, washable masks, bathing and detergent cakes, hand napkins.





## National Ice-cream Day @ Etech

**Team Nacogdoches** - On July 15th, Etech Nacogdoches celebrated National Ice Cream Day! Though celebrated a few days early, observed on July 17th, no one complained or abstained. A wonderful time was had by all in attendance and the opportunity for employees to enjoy small talk with Sr. Director of Operations Nacogdoches Center, Michael Almazan was an added bonus.



**Team Palm Beach** - Team celebrated National Ice Cream Day July 15, 2022. Agents were very excited to enjoy their dessert. They had individually wrapped chocolate ice cream bars and vanilla ice cream cups.



**Team San Antonio** - In honor of National Ice Cream Day, the San Antonio Center held an ice cream raffle to raise money for work-life balance center activities. The tickets were \$1 each, and the prize was a \$20 gift card to Marble Slab. The grand prize winner was Anthony Mullenax!






## DailyPay save @ Nacogdoches

# DailyPay **SAVE**

**\*\*DailyPay available for U.S. hourly team members\*\***  
Opt-in via Payroll Self-Service




### Increase Your Savings & Build Yourself a Brighter Financial Future

Millions of Americans struggle to save, but why? Because when it comes to saving, the hardest part is just getting started. We understand that the decision to start saving is a huge step towards achieving financial stability. It requires changing habits and sticking with your goals in order to see an impact.


That's why DailyPay's SAVE features offer you three great ways to save so you can choose the way that works best for you. Whether you are just getting started or want to enhance your savings, our free savings tool can help you develop healthier financial habits to gain financial stability.

### Three Ways to Save




**Begin the habit of saving with RoundupSAVE**

RoundupSAVE is the key to getting started. If you are just beginning your savings journey, start simple by allocating a small amount to savings from your early transfers with no on-going commitment.




**Develop a consistent savings habit with DirectSAVE**

When you are ready to start saving more, positively reinforce your saving behavior by depositing some of your paycheck into your savings account whenever you can so you always have some extra cash.



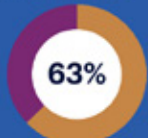
**Set it and forget it with AutoSAVE**

Once you are comfortable setting aside larger amounts to savings, allocate a fixed amount of every paycheck for deposit into your savings account.




### Stats

General SAVE Stats



**63%**

of users save for anticipated medical expenses



**46%**

of DailyPay users save more

**17%**

spend less when they save

**16%**

transfer smaller amounts when they save

**SAVE Usage Stats**

**\$70.99**

Average weekly amount saved per user

**1.65**

Average weekly number of saves per user

**\$152.25**

DirectSAVE  
Average weekly amount saved per user

**\$6.93**

RoundupSAVE  
Average weekly amount saved per user

daily pay.

## Food Truck @ Rusk

On Tuesday, 7/19 Taqueria Torres visited the Rusk center and was available for employees and community members to purchase food. The owner of the truck said that it was the best sales day he has ever had in Rusk!



## Radio Mirchi 98.3 FM @ Vadodara

It was a **BeauTREEful** evening for Vadodara centre. Vadodara's famous Radio team "Mirchi Red FM 98.3" was in the house and RJ Puja lead the show with full energy and engaged our people. Indeed, the cause was great and when there is a cause involved, team Etech is at the front. Around 50 Plants were distributed.





## Chai & Bhajiya @ Gandhinagar & Vadodara

The best thing one can do when it's raining is to let it...

And the second-best thing is to arrange and enjoy Bhajiya's, Pakora's and hot cup of Tea/Coffee...

And when you are at **Etech** it will surely happen!

**WLB team GNR and VDR** came together and ensured that they live up to their motto of "Work Hard. Have Fun and Make a Remarkable difference". **#OneEtech**

The **WLB team** intend to have one common activity at both the site, once in 2-3 months if not every month.

21st and 22nd July 2022 was indeed one of a memorable day for us and our employees at both the sites.

It is raining. We are working & We are enjoying.





## Care for our Furry Friend @ Gandhinagar & Vadodara

CSR team at Etech Gandhinagar & Vadodara organized a drive called Care for Our Furry Friend. Volunteers put Reflective Collars on the stray dogs and feed food to them.

