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4 Considerations for Continued Education in Today's Economy



Annual Meeting Proxy & Feedback

Wellness REVIEW

2022

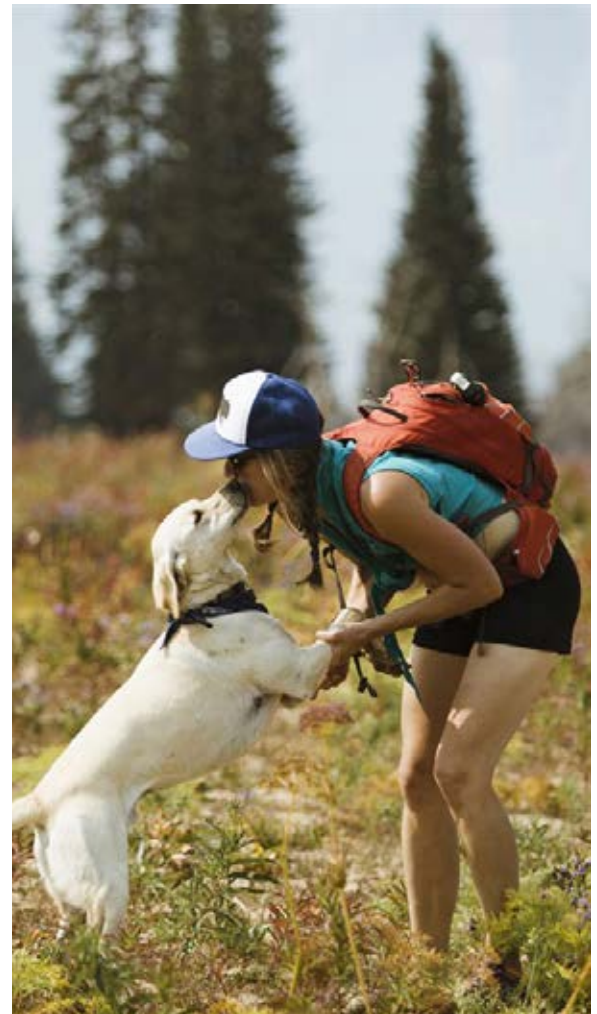
5 Ways to Help Your Dog Live a Happy and Healthy Life

(BPT) - People will do anything for their dogs. But, they may not always know how to best care for them. When it comes to furry family members, nothing is higher on the priority list than building a happy and healthy lifestyle. From finding ways to bond, to ensuring your dogs have proper grooming, exercise and social routines, pet parents have the important responsibility of helping Fido thrive. Here are five ways to help your dog live a happier, healthier life.

Teach your dog new tricks.

Dogs thrive on structure.

Ensuring your dog understands basic commands is necessary to keep you, your dog and other dogs and people safe. Beyond that, new tricks are a great way to continue to teach your pup engagement and challenge them to keep their minds active. Once you've mastered "sit" and "stay," try weaving in tougher tricks like fetching, exercise courses and the ever-challenging "stop, drop and roll." However, three-fourths of pet owners believe they wouldn't have been able to teach their dog any commands without using treats, according to a recent survey conducted by CLIF





PET™. Reward your dog along the way with easy to tear treats like plant based jerky to reinforce positive behavior. Always remember, treats should only make up about 10% of your dog's daily caloric intake.

Keep up with your dog's grooming and maintenance routine.

Whether your dog has a long shiny coat, cute curls, short hair or no fur at all, grooming your dog keeps them healthy - and can feel like a day at the spa. Regular brushing, nail trimming and proper grooming should be implemented, especially as the seasons change and your dog's needs change, too. Not only is grooming and

maintenance an important part of your dog's overall beauty routine, but it is also a great way to bond with your pet as you continue to build a loving and trusting relationship.

Take your pup with you on your next adventure.

Dogs need a vacation too! Instead of boarding or leaving your dog with a sitter, keep your whole family together and take Fido along for the ride. Whether you're testing out van life in the great outdoors or opting for the pet-friendly options for your next bucket list destination, your pet will love the uninterrupted quality time that they get to spend with you as you explore the world together.

Help your dog meet new friends.

While you may be your dog's best friend, it's important that they are exposed to new people, places, dogs and experiences on an ongoing basis to ensure they are properly socialized. To encourage your dog to be more social, head to your local dog park and meet new dogs for your pet to play with, or bring them along to a pet-friendly patio for happy hour with human friends. As always, remember to exercise caution and proper leashing protocols, and follow your pup's cues when it comes to new situations. And, to make sure your pup is the most popular at the park, stock up on treats to share and to give your dog when they make a positive interaction.

Head outside and spend time exercising with your furry friend.

Whether it's a nice stroll around the neighborhood or a hike through your local mountains, getting exercise is important for your health and your pup's health, too. A daily exercise routine is necessary for your dog's overall health and wellness, as well as maintaining a healthy weight, and provides a great way to bond and incorporate your dog into your daily life. For life's most exciting outdoor adventures, give your pup treats made with simple, wholesome ingredients like CLIF PET Plant Based Jerky, available at Petco, to keep them fueled while exploring the great outdoors.



Pet insurance is a health insurance plan that covers the illnesses and injuries of your pet. This includes veterinarians, ERs, and specialists.

**Association members
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Pet Health Insurance: **Less Worry, More Peace of Mind**

A health insurance plan for your pet frees you from financial stress when choosing the best available veterinary care for your furry friend. With Figo:

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Log in to the association website at www.allianceofgigworkers.com for complete details.



4 Considerations for Continued Education in Today's Economy

(BPT) - Today's economic and business environments are incredibly complex. Inflation is at a record high, supply chain disruptions continue to riddle companies and consumers, and while many organizations are still saying there's a talent shortage, others are considering layoffs.

Yet, workers can navigate this uncertainty and position themselves well in a rapidly evolving marketplace by pursuing continued education to broaden their skills. At the same time, organizations have a duty to make it easier for these learners to excel, not only to foster career advancement but also to navigate the technological disruption and workforce needs that they're being forced to address.

To adapt to the uncertainties of today's marketplace and compete in the modern business landscape, organizations should keep these four considerations in mind:

1. Understand how your digital transformation has reshaped your industry and your talent needs. Digital transformation and its acceleration have made up-to-date technical skills and understanding more important in virtually every sector of business. For example, many hospitals are implementing advanced electronic health records software to keep pace with the digitization of healthcare. Consider upskilling healthcare administration personnel across your system so employees can adjust to this technological change. It's important to adapt these types of programs to new technology entering your sector to ensure you're not only positioned for today, but also for tomorrow.
2. Assess your current education partnerships and training opportunities. Many employers offer on-the-job upskilling opportunities through higher education partnerships, including with institutions like DeVry University that offer career-specific training - making it convenient for employees to gain the technical skills needed for their careers. This has become an expected benefit among many prospective and current employees. If you have an existing program, ensure it adapts to how your industry is changing to up-level and compete as an organization.
3. Ensure your education provider offers flexibility and credentials that matter. In the U.S., there are approximately 1 million unique credentials available, including degrees, certificates and badges - meaning there is a credential - whether traditional or not - for anyone who wants to evolve their skill set, no matter what phase they are in their career or life. Ensuring your education provider offers flexible and shorter cycles of learning as well as non-traditional credentials is key to keeping up with the pace of digital disruption.

4. Understand how continuous learning drives upward mobility and economic stability. A recent analysis found that adult learners pursuing continued education are 22% more likely to achieve upward mobility and have earned annual salaries 140% greater than peers who didn't return to college. The same study also found greater economic gains for those that pursued more technical credentials, highlighting the need for such skill sets in the workforce vs. what traditional higher education offers.

Not only is continued education positive for the learner, but it's also positive for the economy. The more we're able to address the shifts and challenges presented by the current economic environment with the right skills, diverse talent and flexible programs, the more we'll fuel our economic engine. However, support and ambition are needed from both sides of the equation to drive progress.

"It's imperative that our nation's colleges and universities create shorter forms of education and training to reach millions of learners, especially amidst today's economic uncertainties and the rapidly shifting industries of tomorrow," said Tom Monahan, president and CEO of DeVry University. "Higher education institutions are not alone in this effort. Corporate organizations must develop new work-and-learn models to train people on the job and embrace hiring approaches that rely less on traditional credentials and more on job-specific skills and career experiences."

While learners must have the drive to pursue a career for the future, it's up to higher education and businesses to ensure they reach learners and adapt training programs to the shifting landscape.

NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of Alliance of Gig Workers will be held at 12444 Powerscourt Drive, Suite 500A, St. Louis, MO 63131, on Tuesday, November 15, 2022 at 11:00 a.m. (CST) for election of Directors and for the transaction of such other business as may properly come before the meeting and any adjournment thereof.

The above notice is given pursuant to the By-Laws of the Association.

PROXY
Alliance of Gig Workers
November 15, 2022 Annual Meeting of Members
THIS PROXY IS SOLICITED ON BEHALF OF
ALLIANCE OF GIG WORKERS

The undersigned member of Alliance of Gig Workers does hereby constitute and appoint the President of Alliance of Gig Workers, the true and lawful attorney(s) of the undersigned with full power of substitution, to appear and act as the proxy or proxies of the undersigned at the Annual Meeting of the Members of Alliance of Gig Workers and at any and all adjournments thereof, and to vote for and in the name, place and stead of the undersigned, as fully as the undersigned might or could do if personally present, as set forth below:

1. FOR [], or to [] WITHHOLD AUTHORITY to vote for, the following nominees for Board of Directors:
Ryan Kerner, Scott Warman, and Tim Twellman
2. In their discretion, the proxies are authorized to vote upon such other business as may properly come before the Meeting.

This proxy, when properly executed, will be voted in the manner directed by the undersigned member. If no direction is made, this proxy will be voted for the election of directors and officers.

DATED: _____, 2022

Signature _____

Name (please print) _____

Please date and sign and return promptly to 12444 Powerscourt Drive, Suite 500A, St. Louis, MO 63131 whether or not you expect to attend this meeting. The Proxy is revocable and will not affect your right to vote in person in the event that you attend the meeting.

Chesterfield, Missouri
November 7, 2022
Date



alliance of gig workers

The Alliance of Gig Workers is a non-profit organization serving the goals and needs of small businesses, the self-employed, independent contractors, and entrepreneurs from across the nation. Since its inception Alliance of Gig Workers has been dedicated to providing benefits and resources to help its members with professional, lifestyle and health-related benefits, as well as advocacy opportunities so they can have a voice on issues that may impact their success. Despite changes to the economy and the health care landscape that have made an uncertain future, Alliance of Gig Workers is focused on assisting its members in any way possible and growing into a leader for the independent business person.

At Alliance of Gig Workers we seek out quality benefits, services and resources to help members succeed by reducing costs and taking control of both their personal and financial health. With the group buying power of an Association Alliance of Gig Workers members receive discounts on business, health and even consumer products and services. As well we strive to provide our members with valuable information relevant to your life. Alliance of Gig Workers shares information on business, finance, wellness, lifestyle, nutrition, philanthropy and more through our newsletters, website and emails.

Articles in this newsletter are meant to be informative, enlightening, and helpful to you.

While all information contained herein is meant to be completely factual, it is always subject to change. Articles are not intended to provide medical advice, diagnosis or treatment. Consult your doctor before starting any exercise program.

Benefits may not be available in each membership level. For more information, or to upgrade your membership, contact Membership Services Office, Alliance of Gig Workers, 12444 Powerscourt Drive, Suite 500A, St. Louis, MO 63131 or (800) 992-8044.

**The Wellness Review is published by:
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