What started in a garage in 1994... is the earth’s most customer-centric company in 2020.

- May 1997: Amazon goes public
- June 1998: Amazon expands into music
- December 1998: Amazon launches 3rd party seller marketplace
- November 1999: Amazon launches Kindle
- September 2000: Amazon Prime debuts
- May 2005: Amazon introduces Amazon Echo
- November 2015: Amazon introduces Amazon Fire
- October 2018: Amazon Prime Day
- July 2019: Amazon raises minimum wage to $15
- November 2019: Amazon celebrates 25 Years in Business
- September 2020: Amazon launches Amazon Luna, a cloud-based gaming service

...is the earth’s most customer-centric company in 2020.
WORKPLACE HEALTH & SAFETY
OUR VISION

To support our associates’ personal well being at work and at home, and to be the world leaders in workplace health and wellness
Numbers at a Glance

255,000

Participants
Number of associates who have interacted with WorkingWell to date.

200+

Global Sites Launched
Sites who are planned to launch the WorkingWell program in 2020
I feel better all the time. I use what I learn at work at home as well. I find I’m less stiff, I’ve got better mobility, and I just feel a lot better at the end of the day. The biggest benefit for me from the WorkingWell program are all the ergonomic principles — how to move my body correctly.

WorkingWell has helped immensely at home, as well as at work. When I do dishes I know to stand in my [5 Star Stance], picking up my dog I bend at the knee and pick them up in my power zone. WorkingWell helps you get through your day, every day.
Training and Conditioning

WorkingWell Training and conditioning consists of WorkingWell Classes, WorkingWell Onboarding Essentials, WorkingWell Stretches, and Huddles where individuals learn about ergonomic principles, proactive wellness topics, and how to apply them at work and at home.
Mind & Body Moments

Mind & Body Moments displays a series of visuals of scientifically proven physical and mental activities at an associate’s workstation at pre-determined intervals throughout the work day.
Amazon is partnering with Crossover Health to launch 20 neighborhood Health Centers across five primary regions in the US – Dallas TX, Phoenix AZ, Louisville KY, Detroit MI, and San Bernardino CA

- Non-occupational, comprehensive primary healthcare services to US Amazon associates and their eligible dependents
- Cutting-edge facilities will exclusively serve as a one-stop-shop for proactive and reactive care.
- Strategically located within 10 miles of an associate’s home address and work place
AmaZen is a new wellness component of the WorkingWell program, providing voluntary mindful practices to all Amazonians.

- Mindfulness is the awareness that emerges through paying attention, in the present moment, on purpose, with curiosity and openness, moment by moment.

- AmaZen aims to improve employee engagement and enrich feelings of wellness through the practice of mindfulness.

### Benefits of Mindfulness

- Feel connected
- Boost immune system
- Antiaging
- Increase energy
- Mood enhancement
- Healthy heart
- Self-care
- Balance
- Brain empowerment
- Mind focus
- Stress relief
- Reach goals
Any Questions?

Email:
Workingwell-Leads@amazon.com