

# Amazon



National Safety Council Webinar

# What started in a garage in 1994....



May 1997  
Amazon goes public



June 1998  
Amazon expands into music



September 1999  
Amazon launches 3<sup>rd</sup> party seller marketplace



November 2015  
Echo becomes widely available



November 2007  
Kindle goes on sale

February 2005  
Amazon Prime debuts



October 2018  
Amazon raises minimum wage to \$15



July 2019  
Amazon celebrates 25 Years in Business



## ...is the earth's most customer-centric company in 2020



# WORKPLACE HEALTH & SAFETY



**WorkingWell**



# 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

200+

## Participants

Number of associates who have interacted with WorkingWell to date.

## Global Sites Launched

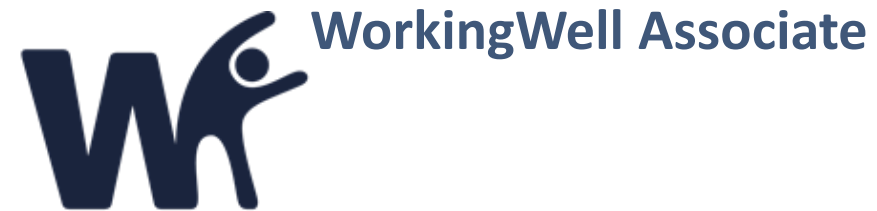
Sites who are planned to launch the WorkingWell program in 2020



# Associate Testimonials

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.



# W 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.

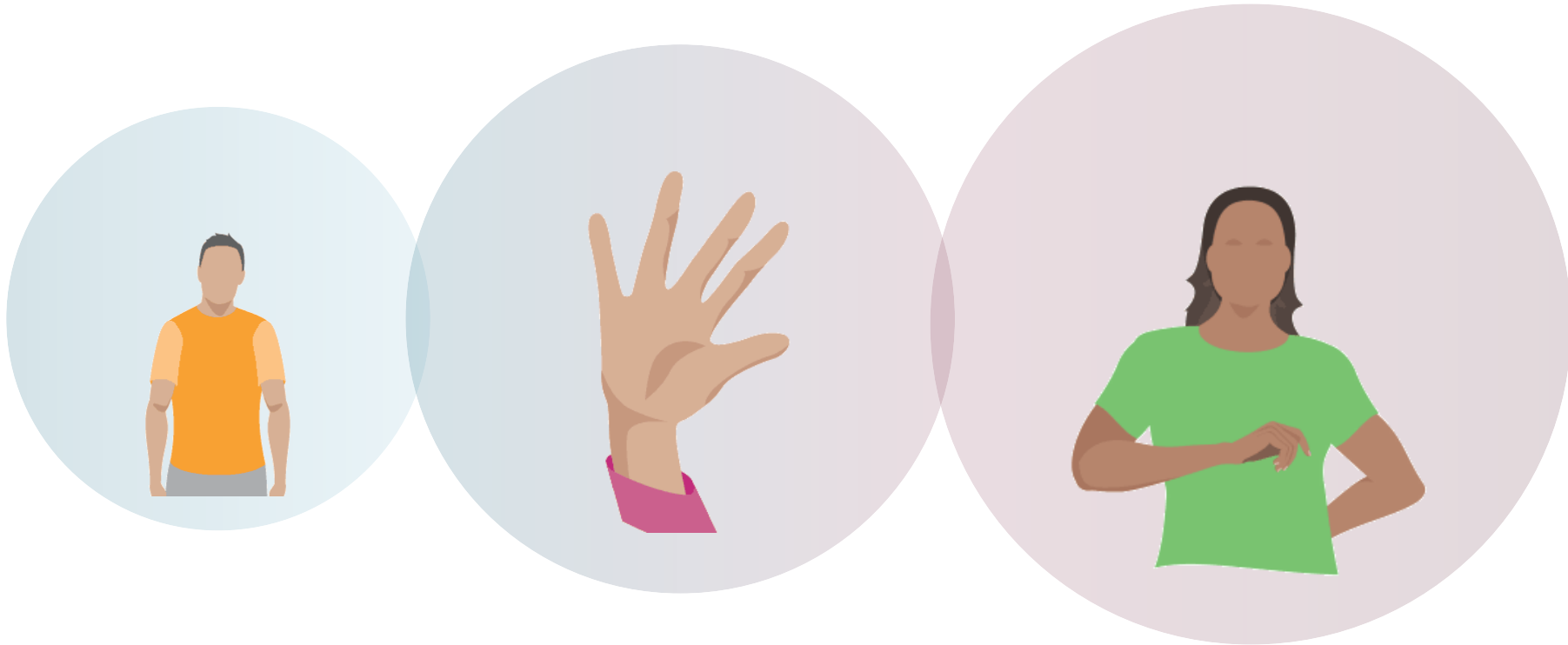




# Mind & Body Moments



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.





# Neighborhood Health Centers



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

The background of the slide is a photograph of an Amazon warehouse. On the right side, a large blue wall features the word 'amazon' in white lowercase letters, with the Amazon smile logo below it. The left side of the image shows the industrial interior of a warehouse with a high ceiling, white structural beams, and several bright rectangular lights. A semi-transparent light blue horizontal band is overlaid across the middle of the image, containing the text 'Any Questions?'.

**Any Questions?**

**Email:**

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