



Adobe



## Your Wellbeing Matters

Adobe supports your physical, emotional and financial wellbeing—so you can be your best at work and at home.

### Physical Wellbeing

**Wellness Reimbursement Program:** Reimbursement of up to \$360 per year for gym memberships, bike share memberships, fitness classes, massages, nutritional counseling and much more.

**Café:** Provides healthy and delicious breakfasts, lunches and snacks in our San Jose, San Francisco, Seattle and Lehi offices. The Adobe Well program encourages healthy choices in exchange for discounts on Wellness Center massages. The Well-Being Indicator arrow gives you the nutritional information you need to eat well.

**Fitbit Program:** Subsidized pricing on up to two select Fitbit wellness devices. Visit Inside Adobe > Search: Wellbeing Programs.



**Wellness Centers:** A wide range of fitness equipment, group exercise classes, and services such as personal training, massages and free fitness assessments in the San Jose, San Francisco, Seattle and Lehi offices.

**Registered Dietitian Nutritionist:** Free one-on-one nutritional coaching sessions in San Jose, San Francisco, Seattle and Lehi. Visit Inside Adobe > Search: Nutrition Information.

**Onsite Biometric Screenings and Flu Shots:** Learn the numbers that indicate how healthy you are on the inside, and get your flu shot to stay healthy when flu season rolls around. Offered in offices with more than 100 employees. Watch the Insider for details.



## Emotional Wellbeing

**Employee Assistance Program:** Confidential, short-term counseling services and additional work and life resources. You and your dependents may use up to six free sessions per issue each year—in person, via live video or over the phone.

**Behavioral Health Support:** In-person and video sessions available through your medical plan to provide ongoing support for anxiety, eating disorders, depression, family issues and more.

**Headspace Meditation App:** Short, guided meditation sessions—delivered to your phone or browser—to help you manage stress, sleep better, find your focus, boost creativity and achieve more balance in your life. Visit Inside Adobe > Search: Headspace for your complimentary access code.



## Financial Wellbeing

**Comprehensive Savings and Insurance Programs:** All the programs you expect to help you save for the future and provide a safety net in times of need, including a 401(k) retirement plan, an employee stock purchase plan, a college savings plan, a Health Savings Account, and disability and life insurance.

**Extended Financial Resources and Coverage:** Additional programs and services to help you manage and protect your money, including financial wellness coaching, budgeting tools, investment advice resources, identity theft protection, expert tax guidance and online tools, group legal services, long-term care insurance and more.



## Communities

**Employee Networks:** Open to all employees across the company, each network brings people together to build community and an inclusive workplace. We encourage participation and collaboration across the networks—we are stronger together.

**Employee Clubs:** A fun and easy way to meet and connect with colleagues—whether you're looking to network with peers from your alma mater or find a running buddy for an upcoming marathon.

**For more information about networks and clubs, search “Adobe Life” on Inside Adobe.**



For more information, visit [benefits.adobe.com](https://benefits.adobe.com)