



## Video Transcript

### **Transforming HII: BeWell**

*Video Transcript*

**Karen Velkey**

Corporate Vice President of Compensation and Benefits

Our Transformation Showcase really is about how our programs have developed since 2013. We're highlighting all of our programs across all three of the areas that we focus on, which is healthy body healthy wallet and healthy mind.

The health centers, I think, are the cornerstones -- the brick-and-mortar of our healthy body initiatives -- but they only work if there's a lot of support at each one of the divisions.

What's next for BeWell? Healthy mind. We are really making that effort because we think mental health and mental health awareness is really important. In the next couple of months we hope that people see a lot of changes come to the way we talk about that.

If you really step back and if you're able to take a look at where we were -- in my case 18 years ago --it's a huge change. We have made huge strides.