**Human Capital & Risk Management Summit**

**2023**

Health & Wellness

Breakdown by Ten Minutes Transcript

|  |  |
| --- | --- |
| **Timestamps (min.)** | **Audio Summary** |
| 00:00 - 10:00 | * Introductions * Wellness and Cultural Benefit Trends |
| 10:00 - 20:00 | * Work Life/Personal Life Balance * Wellness, Mental Health, & Telehealth Medicine |
| 20:00 - 30:00 | * Wellness, Mental Health, & Telehealth Medicine cont. * Best-in-Class Solutions for Workplace Well-Being * National Biometric Partners * Employee Priority * Tips & Considerations |
| 30:00 - 45:15 | * Tips & Considerations cont. * What is a Lifestyle Spending Account (LSA) * Conclusion |

**Session Recordings Produced by:**

A picture containing text, clipart

Description automatically generated