**Human Capital & Risk Management Summit**

**2023**

Health & Wellness

Breakdown by Ten Minutes Transcript

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| **Timestamps (min.)** | **Audio Summary** |
| 00:00 - 10:00 | * Introductions
* Wellness and Cultural Benefit Trends
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| 10:00 - 20:00 | * Work Life/Personal Life Balance
* Wellness, Mental Health, & Telehealth Medicine
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| 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
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| 30:00 - 45:15 | * Tips & Considerations cont.
* What is a Lifestyle Spending Account (LSA)
* Conclusion
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**Session Recordings Produced by:**

