



NXP BENEFITS.

For what matters most.

One of the key pillars of NXP's values is growth, focused on the personal growth of our employees from every perspective, including physical, mental and financial wellness. Below are some program and resources available to you!

WELLNESS RESOURCES.

WELLNESS PROGRAMS

Employee Assistance Program (EAP)

Speak with a specialist who will listen to your needs and connect you to the appropriate resources. Get support any issues including: work and career support, family and relationships, legal and financial services, grief, child and elder care and much more.

- Eligible to you and members of your household
- Receive up to **five face-to-face counseling sessions** (per concern, per person, per year)—at no cost to you.
- Dependents who live away from home are also eligible.

Access your EAP benefits at [Optum Live and Work Well](#) (access code: **NXP**). For support anytime, call **(866) 248-4094**.

EAP Webinars

Throughout the year, we'll focus on well-being, sharing information, tips and best practices to help you achieve the best physical and mental well-being possible. Visit the [emotional wellbeing page](#) located under wellness for a list of webinars.

Talkspace

Get the extra support you need in a way that works for you. With Talkspace, you can reach out to a licensed, in-network Emotional Wellbeing Solutions provider, 24/7. Here's how Talkspace can fit your life:

- Find an Emotional Wellbeing Solutions provider with an online matching tool
- Start therapy within hours of choosing your provider
- Message your provider whenever —no appointments necessary

To get started, call Optum® Emotional Wellbeing Solutions at **(866) 248-4094** to activate prior to registering (first visit only), choose a provider, and message anywhere, anytime. talkspace.com/connect.

TOOLS

NXP Wellbeing Hub

Supported by Virgin Pulse, employees will be empowered to lead happier and healthier lives by engaging in personal and rewarding ways throughout their health and wellbeing journeys. Virgin Pulse provides personalized wellness support, including: tracking tools, guided meditations, tips for healthy living as well as challenges to build healthy habits. Sign up at join.virginpulse.com/NXP, or get the Virgin Pulse mobile app. Enter "NXP" in the sponsor search bar.

Maternity Support Program

The Maternity Support Program provides information and support throughout your pregnancy and after giving birth. Sign up to receive a gift box containing items for you and your baby. Within the app you can track milestones, set reminders and find resources. UnitedHealthcare medical plan members can call **(877) 201-5328**.

Self Care by Able To

Get access to self-care techniques, coping tools, meditations and more — anytime, anywhere. Self Care is here to help you feel better — and it's available at no additional cost to you as part of your Employee Assistance Program.

To sign up for Self Care, members will need to create an account and register on ableto.com/begin. Once registered, members can download the app.

Financial Wellness with Fidelity

Whether you're juggling multiple priorities or focused on a specific financial goal, join Fidelity throughout the year to learn more about how to enjoy life today while planning for tomorrow. Visit <https://www.netbenefits.com> to view events, resources and tools available to you!

For more information regarding NXP programs, visit NXP.com/Benefits.

