

VERIZON
UP TO SPEED
MAY 17, 2021

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ANDY: WELCOME TO UP TO SPEED LIVE ON THIS MONDAY, MAY 17TH. THIS EPISODE IS ALL ABOUT THE MONTH OF MAY. BEGINNING WITH SOME FUN FACTS ABOUT MAY -- IF YOU WERE BORN IN MAY, YOU'RE EITHER A TAURUS OR A GEMINI, THE BIRTHSTONE FOR MAY IS EMERALD WHICH REPRESENTS LOVE AND SUCCESS. AND IF YOU'RE A BIG FAN OF ALL THINGS MAY, THIS IS THE EPISODE FOR YOU. YOU MAY REMEMBER LAST YEAR IN MAY OF 2020, OUR FRIEND MATT HOSTED AN UP TO SPEED EPISODE ATTEMPTING TO HIGHLIGHT EVERYTHING GOING ON IN MAY -- MATT'S CALENDAR COULD BARELY HOLD ALL OF THE DIFFERENT EVENTS, GROUPS AND CAUSES WE AS A COMPANY REMEMBERED AND RECOGNIZED THAT MONTH. WELL, MATT, TODAY'S EPISODE IS TAKING A LOOK AT EVERYTHING HAPPENING IN MAY OF 2021, AND I'M PRETTY EXCITED TO HAVE TWO MORE OF OUR UP TO SPEED HOSTS JOINING US LIVE TODAY. DIANA'S HERE TO SHARE WHAT'S HAPPENING WITH MENTAL HEALTH AWARENESS MONTH, AND RAQUEL JOINS US TO TALK ABOUT GLOBAL ACCESSIBILITY AWARENESS DAY. WE'LL ALSO BE SHARING SOME REALLY EXCITING WAYS WE'RE CELEBRATING ASIAN AMERICAN PACIFIC ISLANDER HERITAGE MONTH. VERY EXCITING TO HAVE US ALL TOGETHER ON UP TO SPEED TODAY.

FIRST HAPPY BIRTHDAY WEEKEND. DIANA, ARE YOU TAURUS?

>> DIANA: HOW STUBBORN AM I? BUT I'M VERY LOYAL.

ANDY: HAPPY BIRTHDAY.

HOW WAS YOUR WEEKEND? 36 >> DIANA: IT WAS AWESOME. I WAS ABLE TO TAKE A DAY OFF. WE TOOK THE WHOLE FEMALE FOR THE FIRST TIME TO CONEY ISLAND AND WENT TO THE AQUARIUM AND HATE HOT DOGS AT NATHAN'S.

>> THAT'S AWESOME. YOU ARE GREAT SOCIAL MEDIA TWEETING THERE. DID YOU SHARE THE CLIP?

DIANA: I DID. I SAW THE REPORTER. SHE'S ASKING PEOPLE TO THINK ABOUT IT. NORMALLY PEOPLE RUN AWAY. I'LL DO A FAVOR. I'LL TALK TO HER. IT WAS GREAT.

>> AS A FORMER TV PERSON, THAT'S GOOD KARMA PAYING IT FORWARD. THANK YOU. HAPPY BIRTHDAY. RAQUEL, THE LAST TIME YOU AND I HOSTED WITH CHRISTY LAST YEAR. WE WERE TALKING ABOUT GEN Z. I ALWAYS FEEL LIKE I'M DOING SOMETHING -- SOME SORT OF GEN Z AND AT THE SHIRT.

>> I REMEMBER THAT. IT IS ALWAYS SOMETHING BETWEEN THE TWO OF US.

>> THAT'S LIGHT. THAT'S RIGHT. I'M WORKING ON THE GEN Z TERMS. I STAND YOU. AS ELON MUSK SAID. WE HAVE THE THREE HOSTS READY TO GO.

LET'S TALK ABOUT MENTAL HEALTH AND HOW WE'RE MAKING IT MATTER AS A COMPANY.

DIANA: THAT'S RIGHT, ANDY. MAY IS MENTAL HEALTH AWARENESS MONTH AND A GREAT REMINDER THAT WE SHOULD ALL CHECK IN WITH OUR LOVED ONES, OUR COLLEAGUES AND ESPECIALLY OURSELVES TO MAKE SURE WE'RE ALL HOLDING UP OK. OUR FELLOW V TEAMERS AT VISIBLE ARE DOING A LOT TO SHINE A LIGHT ON THE IMPORTANCE OF MENTAL HEALTH, INCLUDING:

LAUNCHING A #SIMPLECHECKIN TO GET PEOPLE TALKING WITH FRIENDS, FAMILY AND LOVED ONES. CHECK OUT SOME OF THE HELPFUL TIPS ON SOCIAL! -

PARTNERING WITH THE MENTAL HEALTH COALITION - VISIBLE HAS CREATED A FRIENDS SUPPORTING FRIENDS ROADMAP, PACKED WITH TIPS AND SUGGESTIONS ON HOW TO GET THE CONVERSATION STARTED AROUND MENTAL WELLNESS OR ASK FOR HELP. - ALL OF THE DETAILS AND PARTNERSHIPS ARE ON THE VISIBLE WEBSITE. WE ALSO HAVE AN INTERESTING #NEXT20 EPISODE COMING THIS WEEK ON THIS TOPIC. I WILL BE SITTING DOWN WITH AARON HARVEY WHO IS THE CO-FOUNDER AND EXECUTIVE DIRECTOR OF MADE OF MILLIONS - WHICH IS A GROUP OF DOCTORS, ARTISTS, FILMMAKERS AND CODERS CHALLENGING SYSTEMS AND BUSTING MYTHS TO MAKE MENTAL HEALTH HUMAN IN THE WORKPLACE. MAKE SURE TO CHECK IT OUT ON OUR INSIDE VERIZON TWITTER OR LINKEDIN PAGES THIS THURSDAY, MAY 20TH AT 2 PM ET/11 AM PT. AND OUR EMPLOYEE RESOURCE GROUP HERE AT VERIZON, ADVANCE, WHICH STANDS FOR ADVOCATES FOR DISABILITY, ACCESSIBILITY,

SOMETIMES YOU DON'T KNOW HOW TO START THE CONVERSATION AROUND MENTAL WELLNESS AND ASK FOR HELP. ALL OF THE DETAILS ON THIS AND THE PARTNERSHIP ARE AVAILABLE ON THE VISIBLE WEB SITE.

ANDY: EXCELLENT. THANK YOU.

>> I HAVE ONE MORE THING TO TELL YOU ABOUT. WE HAVE AN INTERESTING NEXT FUNNY EPISODE THAT DROPS ON THE TOPIC. I SPOKE TO ERIN HARVEY THAT IS CHALLENGING THE SYSTEM TO MAKE MENTAL HEALTH HUMAN. IT IS NOT SOMETHING SOME PEOPLE MIGHT

NOT FEEL COMFORTABLE ABOUT OPENING UP AT THE STRUGGLES THAT WITH THEY WANT TO HAVE. WE WANT TO MAKE IT POSSIBLE. THERE'S A GREAT CONVERSATION TO CHECK IT OUT ON THE LINKEDIN PAGE. CHECK IT OUT AT 2:P.M. EASTERN AND 11:00 A.M. PACIFIC.

>> REALLY COOL. LET'S TALK ABOUT ACCESSIBILITY. THIS IS SOMETHING THAT COMES UP QUITE A BIT.

BE SURE TO CHECK OUT MORE DETAILS ON THEIR UPCOMING EVENT ON WEDNESDAY 5/19 AT 12 PM WHERE THEY WILL BE JOINED BY MELISSA BERNSTEIN WHO IS THE CO-FOUNDER OF TOY COMPANY MELISSA & DOUG - WHERE SHE WILL BE TALKING ABOUT HER JOURNEY WITH ANXIETY AND DEPRESSION. BE SURE TO CHECK OUT ADVANCE'S PAGE FOR ALL THE DETAILS - WE WILL LINK TO IT IN

WE HAVE ACCESSABILITY AND HOW TO ASSIST CUSTOMERS WITH VISION IMPAIRMENTS. AND ACCESSIBILITY UPDATES FROM ACROSS VERIZON. MAKE SURE YOU CHECK THOSE OUT. WE HAVE WITH THE 5G LABS WORE HOSTING A SERIES THROUGHOUT THE MONTH OF MAY ON HOW TECHNOLOGY CAN IMPROVE THE LIVES OF PEOPLE WITH DISABILITIES. SPEAKERS ARE LARRY GOLDBERG AND LINDSAY FABIANO, AND MANY MORE. I WAS TO GIVE A SHOUT OUT TO OUR COLLEAGUES. THEY ARE LEADING THE CHARGE WHEN IT IS ACCESSIBLE TO TECHNOLOGY. THEY ANNOUNCED SOMETHING THAT'S CHANGING THE GAME HERE. WE HAVE 100% CLOSED CAPTIONING ON ALL OF THEIR VIDEO MEDIA. I'M TALKING ORIGINAL MEDIA AND PARTNERSHIP VIDEOS. 100% OF THAT IS GOING TO BE CLOSED CAPTIONED. WHICH IS AWESOME. ON TOP OF THAT THEY ARE DONATING \$5 MILLION MEDIA DOLLARS TO THE DISABILITY ORGANIZATION FROM THE NATIONAL ASSOCIATION OF THE DEAF, THE AMERICAN COUNCIL OF THE BLIND, AND THE AMERICAN ASSOCIATION WITH PEOPLE WITH DISABILITIES. AND IT DOESN'T STOP THERE. WE HAVE MORE WITH PHIPS. WE WHERE CONTINUING TO BREAKDOWN ON MAKING VIRTUAL, AUGMENTED, AND NIXED REACTION WITH THE CO-FOUNDER. AND WE'RE ALSO EMPOWERING THE NEXT GENERATION OF INNOVATORS TO BUILD TECHNOLOGY THAT'S BORN ACCESSIBLE AND PARTNERSHIP WITH THE TEACH ACCESS. LAST BUT NOT LEAST I HAVE AN EXCITING ANNOUNCEMENT THAT THIS WEEK WE'RE ANNOUNCING THE DISABILITY ADVISORY BOARD. THIS IS GOING TO BE WITH TRUSTED LEADERS FROM THE DISABILITY ORGANIZATIONS THAT WILL GOING TO HELP US INFORM, SHAPE, AND ADVISE WITH OUR VERIZON CORPORATE LEADERS. GET EXCITED FOR ALL OF THAT. I LOOK FORWARD TO IT. THREE DAYS AWAY UNTIL MAY 20TH. IT IS ALMOST HERE. ANDY, BACK TO YOU.

>> THERE IT IS. THANK YOU, RAQUEL. WE'RE TALKING NOT ONLY ABOUT ACCESSIBILITY, WANED MENTAL HEALTH AS WELL. IMAGINE HOW WONDERFUL. WE'RE TALKING ABOUT ADVANCE AND WHAT THEY ARE DOING. YOU WANT TO CHECK OUT SOME DETAILS ON THE

UPCOMING EVENT THIS WEDNESDAY AT 12:00 NOON. THEY ARE GOING TO BE JOINED BY MELISSA BURN STEIN. SHE'S GOING TO TALK ABOUT HER JOURNEY WITH ANXIETY AND DEPRESSION. NO ONE IS IMMUNE. TO SPEAK ABOUT THE SORT OF THING IS GOING TO GO A LONG WAY TO STIGMATIZE AROUND ANXIETY AND DEPRESSION.

>> EXCELLENT. WE HAVE REASONS TO BE PROUD OF THE COMPANY. IT IS ASIAN-AMERICAN PACIFIC ISLANDER AWARENESS MONTH. WITH ALL OF THE CHALLENGES THE AAPI COMMUNITY HAVE FACED, WE WANT TO HONOR THOSE AND ALSO TO ENCOURAGE MEANINGFUL DIALOGUE. IT STARTS WITH THE CONVERSATIONS INSIDE AND OUTSIDE WITH THE COMMUNITY. HERE ARE A FEW BIG WAYS THAT WE'VE BEEN MAKING AND CONTINUE TO MAKE THE HERITAGE MONTH MATTER. WE TEAMED OFF WITH THE CHAMBER AT THE GUISES SUMMIT AMONG SOME OF THE MOST SPACE. WITH THAT WE ASK OUR SUPPLIERS WHAT THEY DO IN THEIR SPACE, THEY REPORTED THEY SPEND OVER \$100 MILLION A YORE -- YEAR.

>> ANDY: AS THE FIRE SIDE CHAT WILL CONTINUE, THURSDAY MAY 20TH. OUT WEST FROM OUR LEGAL TEAM, WE HAVE A COMMUNITY-FOCUSED PANEL ABOUT HOW TO KEEP THEM SAFE AND PROVIDE SUPPORT FOR SOME OF THE MOST VULNERABLE COMMUNITIES. BIG CONGRATS TO THE VISIBLE LEADERS. FINALLY THEY ARE A PROUD FOUNDING FATHER WHICH WILL FEATURE THE LEADING ASIAN AMERICAN ACTIVIST ABOUT THE IMPACT IN AMERICA. WATCH ON MTV BET, AND OTHER PARTNER NETWORKS. SO THERE IT IS. LOTS TO BE PROUD OF AND LOTS TO SHARE AND FILL YOUR CALENDARS WITH. WE'RE NOT DONE WITH THE MONTH OF MAY. THESE WERE JUST THREE LARGE TOPICS. THERE'S SO MUCH MORE TO TALK ABOUT IN THE MONTH OF MAY. WHAT ABOUT MILITARY APPRECIATION MONTH? DON'T WORRY. I'M WRAPPING THE CAMO CHECK MARK FOR A REASON. WE HAVE A DEDICATED EPISODE JUST IN TIME FOR THE MEMORIAL DAY WEEKEND. THESE ARE SHIRTS THAT ARE OFFERED TO THE VENDORS THAT WILL GIVE BACK WHEN YOU PURCHASE THEM. GO AHEAD AND FIND THE SHIRT AND FIND THE PASSION AND WEAR IT WITH PRIDE. THAT'S WHAT IT IS ALL ABOUT. I'M JUST SO PROUD, OF COURSE, THAT SHOULD BE WITH MY UP TO SPEED HOST HERE. BEFORE WE START WRAPPING UP AND GET YOUR FINAL THOUGHTS, A QUICK FEW THINGS HERE. ONE FINAL REMINDER TODAY IS THE LAST DAY TO COMPLETE AT THE PULSE PLUS SURVEY. DON'T FORGET TO SHARE YOUR THOUGHTS ABOUT VERIZON AS A WORKPLACE. SPEAKING OF THOUGHTS LET'S CHECK IN NOW WITH THE GRACIOUS HOST HERE AND AMAZING HOST. FINAL THOUGHTS AS WE FINISH UP THE TEAM OF MAY HERE.

>> I'M EXCITED FOR THE MONTH OF MAY.

>> IT FEELS LIKE AN UP TO SPEED MEETING.

>> I WANT TO SAY IT SHOULD GIVE EVERYBODY WATCHING A SENSE OF PRIDE TO KNOW THEIR COMPANY INVESTS SO HEAVILY IN THEM

AND THEIR PASSIONS AND THE THINGS THAT ARE IMPORTANT TO THEM AND THEIR MENTAL HEALTH AND THERE'S A LITTLE SOMETHING FOR EVERYONE IN MAY. IT DOES FEEL THAT WAY. IT REALLY DOES MAKE YOU FEEL LIKE YOU ARE WELCOME AND YOU BELONG WHEN THERE ARE THIS MANY OF THEM DEDICATED TO MAKING SURE THAT YOU FEEL GOOD ABOUT WHERE YOU YOU ARE AT. VERY PROUD TO BE HERE TODAY AND VERY HAPPY TO BE WITH BOTH OF YOU. LET'S MAKE IT A GREAT WEEK.

>> IT IS AWESOME. IT IS A GREAT WEEK. -- GREAT WEEK. YOU ARE HERE WITH ME. THIS IS THE WAY THAT WE TALK ABOUT WHAT WE'RE GOING TO SHARE ON UP TO SPEED. WE DISCUSS THIS AS A TEAM AND FIND DIFFERENT WAYS TO SORT OF TELL AT THE STORY. IF YOU HAVE A STORY, THERE ARE SEVERAL WAYS TO REACH OUT TO US ON SOCIAL. THERE'S A GOOD MAILBOX AT THE LIVE INBOX. THERE'S SO MANY WAYS TO CONTINUE TO BE A PART OF THE STORY. THANK YOU, EVERYBODY. ONE THING I WAS SORT OF THINKING WHO IS GOING TO DO THE SIGN OFF? THAT'S MY -- SHOULD WE? TRYING THEM TOGETHER IS ALWAYS TOGETHER. SHOULD WE TRY?

>> THERE IS NO TRY. JUST DO.

>> OKAY, YODA. COUNT DOWN FROM THREE. UNTIL NEXT TIME YOU ARE UP TO SPEED. WE'LL SEE WHAT HAPPENS. HAVE A GREAT MONDAY AND REST OF YOUR MORNING. THANK YOU FOR JOINING US. 3, 2, 1. UNTIL NEXT TIME YOU ARE UP TO SPEED.