

Benefits and Well-Being Resources to Support Our Veteran Employees and Their Families



AECOM is committed to supporting the health, safety and well-being of our veteran and active duty employees and their families. Here is just a sampling of resources we provide to help you feel empowered to make your well-being a priority every day.

Health Tips	For U.S. Employees	For Global Employees (all countries)
Improve your physical health	<ul style="list-style-type: none"> Choose health care benefits for your needs. Receive free preventive care in our medical, dental and vision plans. Explore resources for nutrition, exercise, sleep and other healthy behaviors. 	<ul style="list-style-type: none"> Take this quick assessment to check in on your physical well-being. Practice prevention to protect your health. Find great resources to help you be active and eat smart. Get better quality sleep with these sleep resources.
Protect your mental health	<ul style="list-style-type: none"> Explore more resources to help you be well emotionally. 	<ul style="list-style-type: none"> Take this quick assessment to check in on your mental health. Receive free confidential counseling through our Employee Assistance Program (EAP). Find more ways to mind your mental health, including global and by country resources.
Power up your finances	<ul style="list-style-type: none"> Access tools and resources to help you improve your finances and save for important life events. Prepare for a financial emergency with this Financial Well-Being Checklist. Connect with a financial advisor for personalized help with your unique financial needs. Save on everyday expenses with Smart Spend. Save and invest for your future with the Employee Stock Purchase Plan (ESPP) and the Retirement & Savings Plan (RSP) – 401(k). 	<ul style="list-style-type: none"> Take this quick assessment to check in on your financial well-being. See 10 tips for building your financial security. Prepare for a financial emergency with this checklist. Find more global and by country financial well-being resources.
Boost your career	<ul style="list-style-type: none"> Learn about tuition reimbursement and other education assistance opportunities. Reduce and manage your student loan debt and receive free college financial planning with Gradifi. 	<ul style="list-style-type: none"> Explore resources to help you improve your communication and problem-solving skills. In Canada, DCS employees are eligible for education assistance. If you work outside the U.S. and Canada, check with your human resources representative for information on local programs.
Care for your loved ones	<ul style="list-style-type: none"> Explore parenting resources and leave of absence benefits. Get the right amount of life and AD&D insurance. 	<ul style="list-style-type: none"> Explore global and by country resources to help you care for your family.
And more	<ul style="list-style-type: none"> Explore government resources for Military Families, Military Parents with Children and Center for Women Veterans (CWV). Learn how you can support and apply for service dogs for veterans. Celebrate events for military families and veterans through the National Park Service. Join the Veterans Alliance Employee Resource Group (ERG) and follow on Yammer. 	<ul style="list-style-type: none"> Learn about flexible work support through Freedom to Grow. Visit the Global Well-Being website, WellBeingAtAECOM.com, to find resources to help you be well, spin the Well-Being Wheel, connect with colleagues worldwide, join well-being events and challenges, and access daily mood boosters and ideas for taking moments to be well. Celebrate your colleagues' professional achievements and personal life events with Kudos.



Visit AECOM's one-stop shop for U.S. benefits, [AECOMbenefits.com](https://www.aecombenefits.com), to access all benefits information, well-being resources and vendor websites.