

Learn more about Verizon's response to COVID-19



[About](#) [Careers](#) **Employee Benefits: Job Benefits at Verizon**

Benefits that work for you.

Explore the way our benefits can move you forward.

Benefits for represented employees are subject to collective bargaining and may vary. Benefits for non-US employees are determined by country.

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#vzperks



Day one benefits

You start working on day one. Your benefits should too. Explore all the ways we support you with our comprehensive benefits plan.

Stock Together

As Verizon creates the networks that move the world forward, we want every employee to join our movement and embrace our purpose. This is why we have Stock Together.

[Learn more](#)

Paid leave for new parents

Eligible employees can qualify for up to 8 weeks of paid parental leave at 100% of base pay.

Expecting moms are eligible for up to 16 weeks of paid maternity leave between short-term disability and parental leave.



Invested in you

Benefit from competitive salaries and performance-based incentives, plus 401(k) savings with company match. You'll also enjoy discounts on Verizon products, get access to adoption expense assistance, and be eligible for our matching gifts program.



Helping you stay healthy

We want you to always feel your best. That's why Verizon offers best-in-class benefits, health and dependent care spending accounts, and on-site fitness centers and discounts to participating gyms. We also provide a healthy pregnancy program and more.



Generous time off

Prioritize fun, relaxation and making memories so you can refuel and connect with loved ones. Verizon offers a generous vacation policy, personal days, holidays and other opportunities to make the most of each day.



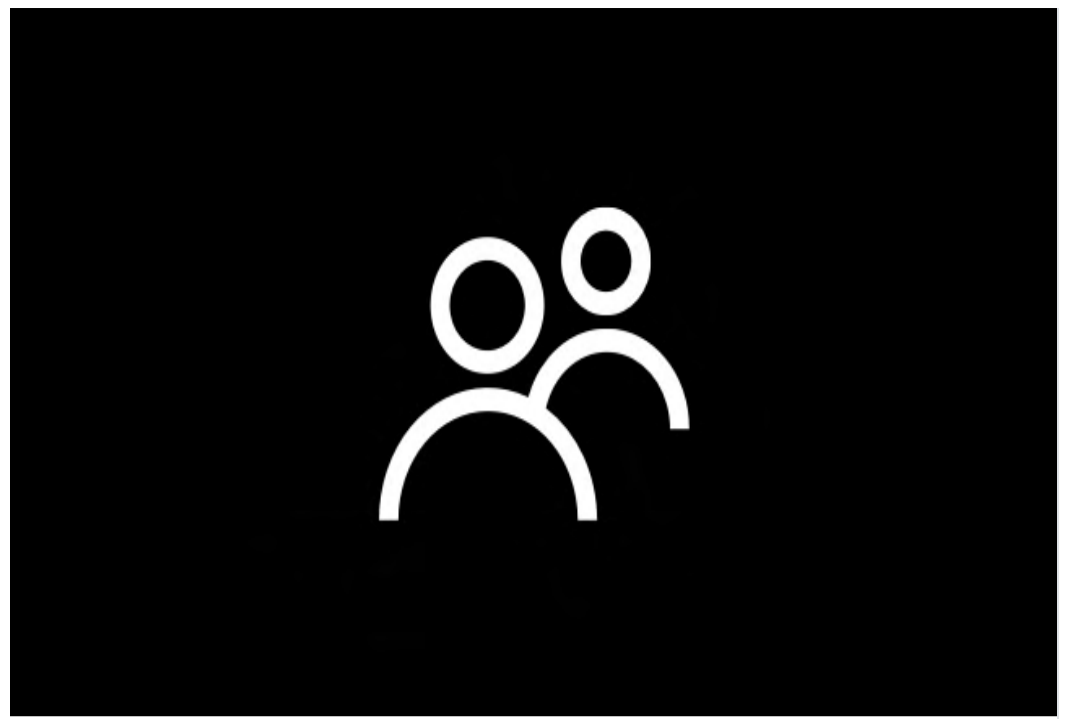
A culture of learning

Verizon provides training and development at every level to help you enhance your skills and advance your career. Enjoy tuition assistance, award-winning training, online development tools and access to industry research.



Employee Assistance Program (EAP)

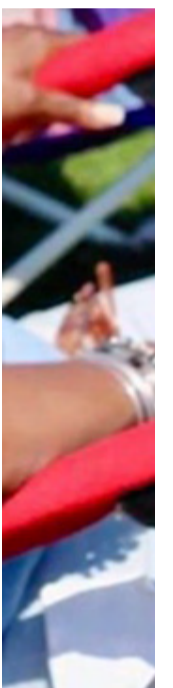
Free and available 24 hours a day, 365 days a year, the EAP provides professional assistance for child and eldercare services and adoption assistance. You'll also get access to mental health and substance abuse help, plus support for financial challenges and stress management.



What moves us

1/4

Hear how our benefits support our employees and their families.



We know that there is a lot to consider as you're planning on growing your family. Taking time off to spend with your most recent addition is very important, but we also offer other benefits and programs to help support V Teamers through this joyous occasion.

For V Te support Maxwell

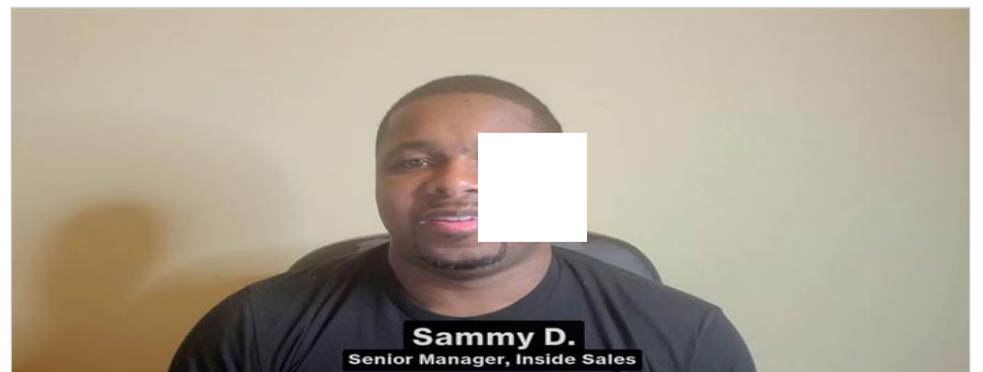
“I was able to spend four months at home with my baby because of my parental leave. The bonding time we shared was incredible.”

Jillian C.
Talent Acquisition Lead

Insights from our Verizon Works blog.



The best technology, driven by the best people.



Sammy D., a BOLD leader on the V Team.

Meet three wireless network leaders who are moving the world forward as #VerizonWomenInTech.

Learn how Sammy D., a senior manager in Inside Sales, goes beyond his role to foster a culture of learning and growth.



Verizon goes Beyond the Conversation this Black History Month.

Join us to pay tribute to the achievements of African Americans who have helped influence and shape our rich American history.



Celebrating Allyship: Verizon India Shares the Benefits of Teamwork.

Learn how our Verizon India V Teamers celebrate the strength of allyship to create a more respectful and inclusive world.

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- Small and Medium Business
- Enterprise Solutions
- Verizon Connect
- Public Sector
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- Home Online Support
- Contact Customer Support
- Sign in to your Account

Network Technologies

- 4G LTE
- 5G
- Fiber Optics
- Multi Edge Compute (MEC)

Innovation

- 5G Labs
- 5G First Responder Lab
- New Business Incubation
- Verizon Ventures
- Thingspace
- 5G Future Forum
- "The Network" Thought Leadership

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