



# Benefits & Quality of Life

To help take care of you and your family's well-being, we offer quality healthcare, insurance and retirement benefits—as well as an opportunity to make a home in region with a low cost of living and high quality of life.

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## Benefits

### Healthcare Benefits

- Medical
- Dental
- Health Savings Account (HSA)
- Health Care Flexible Spending Account (HCFSA)
- Healthcare Assistance Program

### Insurance Benefits

- TVA core benefits (life and long-term disability)
- Federal Employees' Group Life Insurance (FEGLI)
- Supplemental life insurance
- Accidental death and dismemberment insurance
- Short-term and long-term disability insurance
- Long-term care insurance
- Critical illness insurance

### Family Benefits

- Work schedule flex time
- Reduced hours (when needed)
- Dependent care flexible spending account
- Scholarships for your children
- Confidential employee assistance for personal, financial and legal problems
- Employee Assistance Program

### Wellness Benefits

- HealthCheck Wellness Incentive to understand health risks
- Healthcare Assistance Program with 24/7 access to health information and services
- Preventive care

## Other Benefits

- Reimbursement for parking and public transportation
- Discounts on name-brand computers, banking services and more
- Generous holiday and leave time
- Tuition reimbursement
- Training and education opportunities
- Access to TVA's research library

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## Quality of Life

### Arts & Music

From Nashville, the country music capital of the world, to Memphis, the home of the blues, to Knoxville, an important bluegrass destination, Tennessee truly is a world-class music destination. The Valley's many museums feature both traditional and contemporary art exhibits.

### Parks & Recreation

Do you enjoy the outdoors? Besides TVA reservoirs and public lands, the Tennessee Valley region offers a variety of natural parklands—including the Great Smoky Mountains National Park—and scenic landscapes.

### Attractions

Our region's attractions cover earth, sea and sky, including the National Corvette Museum, Tennessee Aquarium, Dollywood and the U.S. Space and Rocket Center.

### Sports

The Valley hosts three professional sports teams and plenty of SEC football, basketball, baseball and other college athletics.

### Cost of Living

In the Valley, a little money goes a long way. Our cost of living consistently ranks below the national average while still providing world-class quality of life.

### Educational Institutions

In the Valley, you have access to some of the nation's highest ranking two- and four-year educational institutions. You have the opportunity to explore additional educational opportunities for you and your family.

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## Join the TVA Team

Ready to make a difference? Since 1933, we've helped bring prosperity to the people of the Tennessee Valley. Explore available jobs at TVA and join our mission of service.

[VIEW JOBS](#)

#### CONTACT:

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