

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. View [Affordable Care Act Transparency in Coverage](#) info.

#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.

[Watch video](#)

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.





Paid parental leave

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.

[Watch video](#)



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

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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.



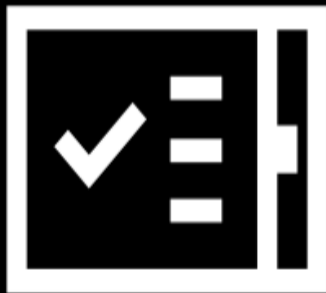
Generous time off

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.



“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.



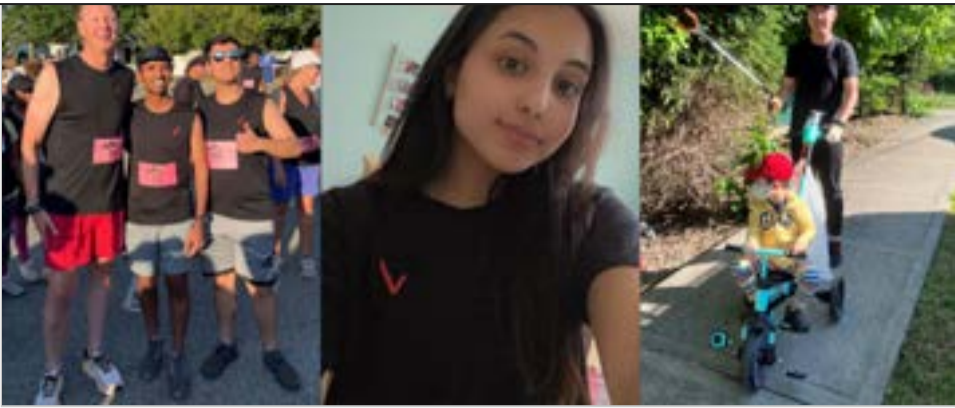
A rare coincidence.

August 19th is Malan Syndrome Awareness Day. Malan Syndrome is so rare that as of 2022, only about 200 people in the world, mainly children, have been diagnosed with the condition.



Back to school tips for parents and teachers.

As many of us start preparing for another school year, we want to encourage V Teamers to take advantage of some awesome, free resources provided by Verizon.



My Verizon internship experience.



Defying all odds to succeed.

Search for your dream job. Apply today.

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