

# Better You

How can we help you to thrive, so we all thrive?

Working at EY means bringing together a diverse group of extraordinary people to build a better working world.

Our flexible working environment empowers our teams to find balance so that they can fully engage at the office and in life.

As a result, we're an employer of choice. And, with our Total Rewards, we are certified as a [Great Place to Work](#).

## At the heart of it all is you – a Better You.

Nothing is more important to us than our people. When our people thrive, we thrive. That's why we put the health and vitality of our people at the absolute center of everything we do through **EY Better You** – a holistic approach to well-being.

In addition to the [compensation and recognition programs, time off and flexibility, and learning and development programs](#) available to you through the EY Total Rewards program, Better You offers access to dozens of carefully curated resources. Within our four well-being dimensions are traditional benefits as well as unique, voluntary programs, designed to help you thrive and succeed in our fast-paced work environment and transformative world:

- Physically focused support to help you reach and maintain your healthy peak
- Emotional support and daily life resources to help you manage your personal life and build resiliency
- Financial support to help you plan for the future
- Social impact programs to help you connect to communities and each other

### Discover what it means to be a Better You at EY.

Visit the [Better You Experience](#) – our virtual benefits fair – to get familiar with the great programs and services available through Better You. Visit the booths in the Exhibit Hall, watch presentations in the Auditorium and find helpful information in the Resources Room. You'll learn about EY and Better You as if you were at an in-person event!

**Note:** EY Better You is administered on EY's behalf by Alight Solutions, and is subject to Alight's terms and conditions linked to at the bottom of this page.

Physical wellbeing  
[Click here to learn more](#)

Emotional wellbeing/daily life resources  
[Click here to learn more](#)

Financial wellbeing  
[Click here to learn more](#)

Social wellbeing  
[Click here to learn more](#)

Need Help?