

**VERIZON**  
**UP TO SPEED LIVE**  
March 28, 2023 11:30 AM ET

>> HEY EVERYONE, THANKS FOR JOINING US FOR "UP TO SPEED LIVE."

YOU MAY HAVE SEEN TWO SCHOOL SHOOTINGS IN DENVER, COLORADO, AND NASHVILLE, TENNESSEE, AND ESPECIALLY THOSE WITH SCHOOL-AGED CHILDREN OR TEACHERS IN THEIR FAMILIES, BUT WE WANT TO REMIND YOU THAT YOU ARE NOT ALONE, IF YOU'RE HAVING A HARD TIME.

AS A REMINDER, FOR OUR EMPLOYEES, VERIZON HAS RESOURCES IN PLACE TO HELP, INCLUDING THE EMPLOYEE ASSISTANCE PROGRAM THAT'S AVAILABLE 234 HOURS A DAY, SEVEN DAYS A WEEK.

NOW THE EAP IS DESIGNED TO SUPPORT YOU SO USE IT IF YOU NEED IT.

>> WE ALSO WANTED TO ACKNOWLEDGE OUR THOUGHTS ARE WITH ALL THOSE IMPACTED BY THE SEVERE WEATHER IN THE SOUTHEAST OVER THE WEEKEND.

AT LEAST 20 CONFIRMED TORNADOES WERE REPORTED IN MISSISSIPPI, ALABAMA AND TENNESSEE FRIDAY NIGHT.

MISSISSIPPI WAS ESPECIALLY HARD-HIT.

OUR NETWORK IS PERFORMING WELL, AND WE HAVE MOBILE ASSETS IN PLACE TO SUPPORT THE HARDEST-HIT AREAS.

WE WANT TO SAY A SPECIAL THANKS TO THE V TEAMERS OUT THERE RUNNING TO THE CRISIS TO PROVIDE SUPPORT IN THESE AFFECTED COMMUNITIES.

>> AND V TEAM, DON'T FORGET TO DONATE TO V TO V, OUR EMPLOYEE RELIEF FUND THAT PROVIDES AID FOR VERIZON EMPLOYEES DISPLACED FROM THEIR HOMES DUE TO NATURAL DISASTERS SUCH AS FIRE, FLOOD, SEVERE WEATHER OR DOMESTIC VIOLENCE.

DONATIONS MAKE A HUGE IMPACT ON V TEAMERS IN NEED, SO PLEASE CONSIDER MAKING A CONTRIBUTION IF YOU CAN. CHECK TODAY'S STORY FOR MORE.

>> NOW MOVING ON TO AN INCREDIBLE STORY ABOUT TWO OF OUR MID-ATLANTIC SOUTH TECHNICIANS IN NEWPORT NEWS, VIRGINIA, WHO STARTED THEIR WORKDAYS AS THEY NORMALLY WOULD, BUT ENDED THEM AS LIFE-SAVING HEROES.

CHRIS LEONARD HAD WRAPPED UP OUT OF AN ASSIGNMENT AND HE NOTICED ACROSS THE STREET SOME SMOKE WAS BILLOWING FROM A PORCH.

HE JUMPED INTO ACTION IMMEDIATELY, CALLED NICK CHRISTIAN, LESS THAN A BLOCK AWAY AT THE TIME.

WHILE CHRIS ATTEMPTED TO CONTAIN THE FIRE SPRAYING THE ROOF WITH A GARDEN HOSE, NICK CALLED 911 AND HELPED THE FAMILY EVACUATE THE HOUSE.

THE FIRE BEGAN TO SPREAD TO THE ATTIC, NICK AND CHRIS HELPED THREE ADULTS AND THEIR DOG ESCAPE THE HOUSE BEFORE THE FIRE DEPARTMENT ARRIVED.

ACCORDING TO THE FIRE MARSHAL, IF CHRIS AND NICK HAD NOT ACTED AS QUICKLY AS THEY DID, THE ENTIRE HOUSE WOULD HAVE BEEN ENGULFED IN FLAMES.

>> AND TO KNOW THOSE ARE V TEAMERS SAVING LIVES, THE BRAVERY.

CHRIS AND NICK'S BRAVERY MADE LOCAL NEWS WITH WAVY-TV, AN NBC AND FOX AFFILIATE IN VIRGINIA WHO RAN A STORY SOON AFTER IT WAS MADE PUBLIC.

WE ARE SO PROUD OF CHRIS AND NICK, WHO, THROUGH THEIR BRAVERY, LIVED UP TO OUR VERIZON CREDO, WHICH CELEBRATES, AMONG OTHER ASPIRATIONS, HOW "WE RUN TO A CRISIS, NOT AWAY."

>> TEAM, REMEMBER WHEN WE ANNOUNCED THE PAYOUT OF THE SECOND THIRD OF THE 2021 STOCK TOGETHER AWARD ON PI DAY?

WELL, TODAY, ELIGIBLE V TEAMERS WILL RECEIVE THE FINAL THIRD OF THE 2020 STOCK TOGETHER AWARD.

AS A REMINDER, STOCK TOGETHER IS A BROAD-BASED EQUITY AWARD PROGRAM THAT LAUNCHED IN 2020 SO THAT ALL OF US COULD SHARE IN THE SUCCESS OF VERIZON. AND THIS TYPE OF AWARD PROGRAM REALLY SETS OUR COMPANY APART.

>> IT DOES. THIS IS THE THIRD YEAR OF THE STOCK TOGETHER PROGRAM, WHICH MEANS IF YOU'VE BEEN HERE SINCE THE FIRST GRANT IN 2020, YOU'RE RECEIVING THREE PAYOUTS THIS YEAR! WHICH IS AMAZING.

AND DON'T WORRY, IF YOU HAVEN'T RECEIVED AN AWARD YET, THE 2023 STOCK TOGETHER GRANT WILL APPEAR IN YOUR FIDELITY ACCOUNT THIS THURSDAY, MARCH 30TH.

MAKE **SMUR** SURE TO LOOK OUT FOR THAT.

IF YOU WANT TO LEARN MORE, CHECK OUT THE STOCK TOGETHER SITE.

AND IF YOU HAVE ANY QUESTIONS, CONTACT OUR HR ANSWERS TEAM.

>> TODAY WE LAUNCHED OUR 2022

ENVIRONMENTAL, SOCIAL AND GOVERNANCE, OR ESG REPORT.

YOU'LL FIND THE LATEST ON OUR MANAGEMENT OF TOPICS LIKE CLIMATE CHANGE, DIGITAL RESPONSIBILITY AND DIVERSITY, EQUITY AND INCLUSION.

BE SURE TO CHECK IT OUT TO LEARN HOW VERIZON IS UPHOLDING OUR COMMITMENT TO OPERATING AS A RESPONSIBLE BUSINESS, YOU CAN FIND A LINK TO THE REPORT IN TODAY'S STORY.

>> BEFORE WE GO, JEN, IT'S THAT TIME AGAIN.

>> TIME TO GIVE A SHOUT-OUT TO THOSE OF YOU WHO LEFT A COMMENT ON A RECENT POST ON OUR INSIDE VERIZON INSTAGRAM PAGE.

RAQUEL, WHY DON'T YOU START US OFF.

>> ALRIGHT.

I HAVE THE HONORS, SO I'M GOING TO CHOOSE @BDAMSEL4 AND @RACHBISVZ SHE SAYS, "LET'S GO!" ALRIGHT, I LOVE THE ENERGY.

AND WHO ELSE ARE WE GOING TO HOOS HERE? @AMYPREPTVCG.CS, VERY COOL.

>> DUCHESS, SHOUT OUT, SRG ROCKS AND ALSO TO A.MILAH, THANK YOU FOR LEAVING YOUR COMMENTS. WE HOPE YOU ENJOYED THE SHOUT OUTS.

BE SURE TO KEEP TUNING IN EVERY TUESDAY FOR MORE WAYS TO GET INVOLVED WITH THE SHOW, WHICH OF COURSE IS ALWAYS PUT TOGETHER WITH YOU, THE V TEAM IN MIND.

>> YES AND ON THAT NOTE WE ALL HOPE YOU HAVE A BEAUTIFUL REST OF YOUR DAY. STAY SAFE AND UNTIL NEXT TIME --

>> YOU'RE "UP TO SPEED"!