

**VERIZON**  
**UP TO SPEED LIVE**  
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>> JEN MARIN: V Team happy Tuesday May 7th welcome bienvenidos to Up to Speed Live we're so happy you took the time to tune in, it's going to be a great show so let's get things started with some exciting news today is a huge day for new product announcements.

Apple actually just unveiled their brand-new assortment of iPads and they will be available at Verizon very soon.

Be sure to stay tuned to Verizon.com for more information on when you can order yours.

Meanwhile, moments ago Google revealed the latest addition to its SmartPhone lineup, the affordable new Pixel 8a.

It's available for preorder at Verizon right now and will be in stores on May 14th and who better to break this awesome device down than our very own George Koroneos with a little edition of George Talks Tech.

Let's check it out.

[MUSIC PLAYS].

>> GEORGE KORONEOS: Introducing the Google Pixel 8a sporting many features you like from an affordable new design order from Verizon today don't forget to check out myPlan content offers to get the most out of your Pixel with the streaming services you love the Pixel 8a is bright bold and built to last with a metal frame and camera bar that can take on water and dust thanks to the IP67 rating.

Plus it's got the new actual display that's scratch resistant.

And guess what, it's eco-friendly made with recycled materials and I love this new sleek matte finish.

Under the hood we've got the Google Tensor G3 chip the brains of the Pixel 8a making everything from taking photos to security super fast and efficient.

And speaking of photos the Pixel camera is a dream.

You've got night sight for low light shots, best take for group photos and real tone that makes you look your best.

Google AI is like your personal assistant.

Circle to search let's you search for anything just by circling it on your screen.

Voice typing, a breeze.

Live translate, no problem. Security is topnotch, too, with the Tensor G3 and Titan M2 chips my data is locked down tight. And there's a built-in VPN for extra privacy online, face unlock not just for unlocking my phone anymore I can use it for payments and app sign-ins too call assist is in our lifesaver screens out calls filters out spam so you don't have to pick up and clear calling means I can hear every word loud and clear.

If you're thinking about a phone for your kids the Pixel 8a is perfect.

It's durable, easy to use and packed with features that spark creativity.

Plus with family link you can manage screen time together.

So that's the Pixel 8a.

Visit [Verizon.com](https://www.verizon.com) to order your new Pixel today.

[APPLAUSE].

>> JEN MARIN: Oh, so many cool features I can't decide what I like more the circling that automatically searches for you I love that or the translation feature very cool I need that for my dad so that's a good one.

Shoutout I hear we have some folks from EMEA in the audience.

That's awesome thanks so much for being here.

[APPLAUSE].

>> JEN MARIN: That's so, so great.

All right, speaking of cool technology like we just saw all of these awesome phones and devices are only as good as the network they run on right, folks and boy is Verizon the network to be on.

Just over the weekend our network was on full display at both the 150th running of the Kentucky Derby and the F1 Miami Grand Prix.

Check out these pics from our CEO Hans Vestberg's Instagram where he proudly showing the fast speeds at Hard Rock stadium in Miami with 275,000 fans attending the three-day event about 45% used Verizon's wireless network event to share their racing experiences quickly and reliably and at the Kentucky Derby more than 33% of devices connected to Verizon's wireless network super cool to know we played a role in ensuring the success of these hugely popular events and while we're on the topic of our network evidently we're all aware that 5G is touching every industry and Verizon engineers are constantly developing new technologies and ways to use 5G to impact how we interact with each other and the world around us.

Great examples being those two major events over the weekend, right?

So let's take a closer look at some of the ways 5G is transforming our customers' experience in stadiums and venues from accelerated access to frictionless mobile stores to mobile private networks and more.

[MUSIC PLAYS].

>> Venues, it's something very close to me if you go back 10, 12, 15 Super Bowls every time we're in a venue we want the best network.

>> When you watch a game it's Verizon technology powering that game.

[MUSIC PLAYS].

>> NFL requires a reliable network.

To power the coach to coach communication the challenge they have that Coach to Coach communication needs to be absolutely reliable.

>> To showcase that we're going to call a play so you can see how on an environment is in an NFL game and how they depend on our network because every second matters.

>> Pop the gun king trips right 52 sway all go special across HY.

>> You heard the number 52 in that play call it means for the offensive lineman to pick up the blitz coming up the middle if you miss any part of that call it be disastrous for your game play.

>> The stadium owners are asking I have a lot of people entering the stadiums can you give me a technology that allows people to manage.

>> Instead of fumbling trying to find their phones or tickets they can go up to the screen be authenticated and walk right in.

>> They are working for retail that can be fully self-service retail again frictionless source it's a technology powered by our multi-access edge computing.

>> With these express shops the customer can walk right in grab what they need walk back out and get back to their seats without missing much of the game.

[MUSIC PLAYS].

>> We are powering the NFL international games we're actually taking our ruggedized mobile network into those networks and powering the games, the international games.

>> It really opened our eyes into all of the other use cases and

opportunities inside the venue.

The venue in a box it's not only just something for sports and venues side we're getting requests from other customers in other sectors like the Department of Defense or in the energy sector.

They need that security.

They need that reliability in order to function.

And we can deliver that with venue in a box.

>> Venues is our place where we're testing technology, venues is our place where we can amplify technology.

Everything that it brings other enterprises can use that so we start in venues but we don't end in venues and we keep on going.

[APPLAUSE].

>> JEN MARIN: Round of applause, how cool, we really are helping pave the future of technology I don't know about everyone watching but worrying about tickets whether I have to print them or download them to my wallet that's not fun I was at a comedy show over the weekend and I couldn't get it together so that facial recognition that's a game changer.

So, so cool.

All right, well clearly this past weekend had a lot going on but next weekend is also huge because it's Mother's Day.

And get this a recent survey commissioned by Verizon found that nearly a third of moms have held off on upgrading their SmartPhones so someone else in the family could upgrade.

This is so true.

I can 100% testify that my mom historically fits into that statistic.

I mean when I was younger I remember being on the newest iPhone and she would be like four to five years behind.

So selfless.

And I know she's watching.

So thanks, mami.

But seriously folks Mom shouldn't have to make that sacrifice so if you haven't already start your shopping with Verizon's offer to get a Samsung Galaxy S24+ on us plus get Galaxy Watch6 and Galaxy Tab S9 FE 5G all on Verizon all you have to do is trade in any Samsung model, condition and it's guaranteed but let's say mom is already covered on the phone front well according to that same survey moms also want accessories even subscription services and folks I could talk about ideas for quite some time but why not connect live with one of

our in-store experts to learn more about some gifts for mom.

Please join me today in welcoming my friend from Boston the wonderful VIP and mom herself, Colleen McCafferty.

Colleen, so excited to chat with you.

Hi.

[APPLAUSE].

>> COLLEEN McCAFFERTY: So excited to be here, hi, Jen.

>> JEN MARIN: Oh, my goodness so great to catch up so Colleen I know you know all about the best accessories for folks, so if you're shopping for Mom this weekend, if you're last minute or shopping today with some time, what can we look to get for her, what are some of those accessories.

>> COLLEEN McCAFFERTY: So what we have today is the Case-Mate Beaded Phone Wristlet.

And so this right here allows your phone to attach.

Right to your wrist.

And so you don't leave it behind.

We also have the Case-Mate crossbody.

And the Elizabeth James new glitter cases for all of the moms out there who want a little bit of sparkle in their life.

>> JEN MARIN: I love that.

That looks so good.

Love that little wristlet that's really cute those are awesome.

Now -- there you go.

But let's get a little personal now Colleen because I know you're a mom so first tell me a little bit about your awesome family and then tell them and us what you're hoping for this Mother's Day.

>> COLLEEN McCAFFERTY: So my awesome family consists of a 3-year-old boy and a little 8-month-old boy and we are constantly on the boy so what I would like for Mother's Day would be the GBL Go3 because I can take that in my diaper bag and my stroller and the boys love tunes.

So I need to make sure that they are listening to all of the wheels on the bus and all of their Metallica, you know their two favorite genres.

>> JEN MARIN: I love that balance.

Teaching them young, I love that Colleen, so, so cool you're a cool mom.

Nice, now I've got to ask you about streaming services because we've got a great Disney Bundle offer going on right now.

So tell me about those streaming services.

>> COLLEEN McCAFFERTY: So streaming services that we're offering right now, we have the Disney Bundle which includes Disney+, Hulu and ESPN+, Disney+ right now is free for 6 months for customers on myPlan. And then it's only \$10 a month after that. Disney+ is perfect for kids and families. It has everything on it. We also have Apple One. Apple One includes Apple Music, Apple TV, Apple Arcade and 50 gigs of iCloud you can also do Apple One family which covers the entire family. All of you guys can stream your own individual music. Plus we also are running Netflix and Max with ads and that's only \$10 a month. You can manage all of those in our +Play app.

>> JEN MARIN: Very school.

I love that.

Many, many options -- very cool I love that clearly you can't go wrong with a gift from us for Mom we've got it all thank you so much for joining us Colleen I really appreciate you checking in sharing all of these amazing Mother's Day gifts and happy early Mother's Day to you.

>> COLLEEN McCAFFERTY: Thank you very much Jen it's been a pleasure chatting with you.

>> JEN MARIN: Of course, thank you, thank you.

[APPLAUSE].

>> JEN MARIN: All right.

Well, moving on now to another neat topic, folks, I know it's May. But team, throughout April we accomplished something worth bragging about even a week into May in case you didn't know April was Global Volunteer Month and get this, more than 20,000 V Teamers rallied together and volunteered more than 39,000 hours of service across more than 400 events. Take a moment to wrap your head around those numbers. That's huge. Thanks to that incredible involvement, we unlocked more than \$15,000 in grants for our Verizon strategic nonprofit partners. So whether you took the time to mentor a student or helped clean up a

riverbank, your efforts helped solidify Verizon's commitment to being a responsible business.

So if you didn't get a chance to volunteer in April just head over to today's story where we'll have more information on this awesome accomplishment and a link for you to sign up to volunteer in May.

Together you can help bring Verizon closer to their commitment of 2.5 million volunteer hours by 2025.

All right, team, it's that time for a friendly reminder, you have 7 days left, including today, to fill out your 2024 VZPulse+ survey.

We're going to keep reminding you so grab a sticky note or jot it down right now on your computer notes, take vulnerabilities + suffer it's simple it takes about 10 minutes and your feedback can make a big difference with helping your leaders better understand how you're feeling at Verizon and how to make your experience even better.

We know your time is so valuable so rest assured the Leadership Team reads every comment for their organization.

So take that survey, look for a link through your Inside Verizon to-dos it can come also through a Gallup survey email and texts to your work phones those texts will come from 899-000 time is ticking and you have until May 13th.

So today is an extra special show because we have two live guests today the first was Colleen which you just heard her at the store in Boston and the next one is going to join me very soon but first a little context so you know where we're going with this May is a special month for a lot of reasons but did you know that May is also Mental Health Awareness Month I can't tell you how special this month is to me because as I've gotten older I've really learned that mental health affects everyone you know to some degree and we've got to be kind to not only each other but also to ourselves.

All throughout May Raquel and I will be sharing some science-backed wellness tips in the hopes that maybe it will help you or someone you love.

As for today's tip we're going to break down the importance of your breath.

It's a topic I love to talk about.

But I'm especially excited because I've got an expert to help break it down and lead us through a live demo so please help me welcome one of our clinicians with Spring Health, our new mental well-being and employee assistance partner for the U.S., Caren Weingart.

Caren, thanks so much for being here.

[APPLAUSE].

>> CAREN WEINGART: Hi Jen.

>> JEN MARIN: Thanks for being here I know earlier in Basking Ridge you held such an awesome demo yourself I learned so much before we dive into this I would love to ask you, why did you pursue a career in wellness.

>> CAREN WEINGART: First of all thank you for having me I was just always that person that people talked to when I was younger I loved it and then I found out I could make that into a career. So here I am many years later.

>> JEN MARIN: Amazing.

So really, really just pursuing something that you loved.

I love that.

Very nice.

>> CAREN WEINGART: Absolutely.

>> JEN MARIN: Awesome so I know we talked a lot about breathing and the importance of breath during the workshop so there was something that I figured if you could help us go through it, the 4-7-8 breath.

>> CAREN WEINGART: I would love to do that with you what I'll ask everybody to do is to do this along with us is grab a seat, most importantly because sometimes when we start differently more diagrammatically we get woozy if you're not used to it so if you don't mind grab a seat we'll get started.

>> JEN MARIN: Everyone doing this if you're watching make sure you're sitting down folks behind us you're already sitting so you have to participate we'll see if we feel better.

There I'm woozy and we haven't even started.

Let's get started.

>> CAREN WEINGART: We'll breathe in through our noses for the count of 4 and hold it for the count of 7 and breathe out for the count of 8 the goal of mindfulness is to bring us into the present is what we're going to do we're going to do that without being judgmental I almost say it's like when you use a Waze or Google Maps and you move the map in and out and then you press that button and it brings you right into the center.

That's kind of bringing you into mindfulness.

Okay?

So I always recommend that people sit first of all.

Feel free to close your eyes if you're comfortable or leave them open.

Some people like to put their tongues on the back of their teeth not necessary if that's not comfortable for you I'm going to walk you through it we'll do it three times I always recommend people do this in the morning and evening to get

your body comfortable with it I'll count you through it you'll breathe through your nose, 2, 3, 4.

Hold, 2, 3, 4, 5, 6, 7.

Breathe out through your mouth, 2, 3, 4, 5, 6, 7, 8.

Breathe in through your nose, 2, 3, 4, 5.

Hold, 2, 3, 4.

5, 6, 7.

Breathe out through your mouth, 2, 3, 4, 5, 6, 7, 8.

Breathe in through your nose, 2, 3, 4.

Hold, 2, 3, 4.

5, 6, 7, -- breathe out through your mouth, 2, 3, 4, 5, 6, 7, 8. And then just shake your body.

Your shoulders.

Your neck.

Stretch yourself a little bit.

>> JEN MARIN: Wow, that's awesome.

I feel so much better.

[APPLAUSE].

>> JEN MARIN: I mean, I love this job so I'm already happy here but I feel so relaxed I hope everyone is feeling good in the audience and this practice is building upon you can't just do it once and forget it it's a cumulative effect.

>> CAREN WEINGART: Without a doubt I always tell people you can do it at your desk you can do it when you get into your car don't do it when you're driving but do it morning and evening any time you just need to kind of recenter yourself.

It's a great way to do so.

>> JEN MARIN: Amazing that sounds great I'm not feeling lightheaded so I am going to get off the chair.

But this was a really great exercise.

Thank you so much Caren for being here I can't think of a better way to end this show than feeling so relaxed.

>> CAREN WEINGART: Thank you, thank you for having me.

>> JEN MARIN: Take care.

Thank you.

[APPLAUSE].

>> JEN MARIN: Very cool V Team if you're interested in checking out and learning more about onsite self-care workshops happening across our U.S. hubs just check out today's story and if you're virtual-only employees, no worries, we'll also have information on virtual mindfulness webinars happening throughout the month.

And if you're in Basking Ridge, there is another session being led by Caren today at 2 I saw some folks down there but there were many seats you guys have to get down there and take advantage of these incredible offers and these things we can do to take care of ourselves.

So great to work for a company that cares about that.

Team be sure to tune in on Thursday for another awesome edition of Up to Speed Live Raquel is going to have a ton more on Mother's Day.

Including a heart-warming V Teamer's journey to motherhood.

Have a relaxing and wonderful Tuesday.

And until next time, you're Up to Speed.

[APPLAUSE].

[MUSIC PLAYS].