

TOTAL AMP

What Is Wellness at Applied Materials?

Wellness is part of everything we do, and Applied Materials is committed to helping integrate wellness as part of your AMP experience.

Total AMP is the intersection of physical, financial, work-life and social wellness. It's about finding the spark that inspires you to take your wellbeing into your own hands. And, it's about knowing where to go to access the programs and tools to help you achieve your goals.

Applied Materials is committed to providing quality resources to help you focus on managing your total wellbeing, including [AMP-Wellness.com](https://www.amp-wellness.com), the AMP Wellness Centers, AMP Fitness Centers and a competitive benefits package designed to keep you and your family healthy.

What's your spark?



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AMP Wellness Centers

Quality, Affordable Health Care, Conveniently Located

Applied Materials is so committed to employee health that we've brought superior health care on campus to make it even easier for you to monitor, improve and maintain your health.

The AMP Wellness Centers located in 📍 Gloucester and 📍 Santa Clara provide you with a variety of services including:

- 📍 Primary Care
- 📍 Preventive Care
- 📍 Concierge Care
- 📍 Physical Medicine
- 📍 Health Coaching
- 📍 Behavioral Health Coaching

The AMP Wellness Centers are open to all Applied Materials benefit-eligible employees, and are competitively priced to not only offer you easy access to superior health care, but to also help your health care dollars go further.*

Plus, the AMP Wellness Center in Santa Clara is now open to dependents age 18 and older for health care services.

* AMP services are considered in-network for Aetna PPO and HealthConnect members. Kaiser Permanente members seeking chiropractic services can do so, as Crossover Health is a participating network provider for this service. For all other health care services, Kaiser members should seek care at a Kaiser facility. Please visit www.usa.amp-wellness.com or call 408-986-7777 to learn more about the cost of health care or fitness services. Services at the AMP Wellness Center in Santa Clara are offered to dependents age 18 and over.

DID YOU KNOW...

The AMP Wellness Centers are competitively priced and in many cases, services are offered for less than you would pay at a local community provider.

Appointments are also typically available same day, so say goodbye to waiting for days to visit your physician!

AMP Fitness Centers

Physical Fitness at its Finest

Incorporating a workout into your already busy schedule can be difficult. But the AMP Fitness Centers located onsite in Austin and Santa Clara make it easier.

Both facilities offer a wide range of cardio and weight training equipment, personal training services and group exercise classes – allowing you to develop the workout program that best suits your needs.

Both centers are open to all Applied Materials employees and accessible via badge 24/7. In Santa Clara, the center is open to dependents age 18 and older. Staff members are available in the Santa Clara center from 7:00 AM to 7:00 PM, Monday through Friday, and in the Austin center from 7:00 AM to 3:30 PM, Monday, Wednesday, Friday and 9:00 AM to 5:30 PM Tuesday and Thursday.

Interested in Group Exercise?

Learn what's happening at the AMP Fitness Centers this month.

- > [Austin](#)
- > [Santa Clara](#)

AMP at Your Fingertips

Stay connected to your health no matter where you are. AMP programs are easily accessible via your computer, tablet or iPad, and even through your smart phone.

AMP-Wellness.com keeps you up to speed with everything you need to know about your Applied Materials benefit programs. Learn about your [health plan options](#) and which plan might work best for you, take advantage of [financial wellness tips and planning tools](#), or learn about how to [manage your work-life balance](#).

Your [Crossover account](#) allows you to schedule appointments, access health coaching and take advantage of behavioral health services when you need them.

Log on today!

Travel Medicine

Get Checked Out Before You Go

Travel medicine appointments are recommended at least four to six weeks prior to a planned business trip, particularly if you are traveling internationally.

In Santa Clara and Gloucester

The AMP Wellness Centers provide travel medicine consultations for all benefits-eligible employees at no cost. Make an appointment at amp.crossoverhealth.com or call **(408) 986-7777** (Santa Clara) or **(978) 282-2220** (Gloucester).

In Austin

Call the Austin Diagnostic Travel Clinic at **(512) 901-4486** to schedule an appointment.

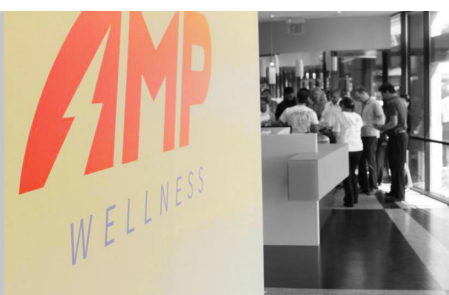
In Other Locations

Click to contact International SOS or call **(800) 523-6586** to access travel medicine resources.



Get Started Today!

Learn more about the AMP Wellness Centers, including services offered and associated fees [here](#).





WORK-LIFE BALANCE



PHYSICAL



FINANCIAL



SOCIAL

Employee Assistance Program

There When You Need It

Admitting you need help with life's challenges can be tough. Who can you talk to? Where can you go to get the support you need?

The Employee Assistance Program (EAP) is a **no cost, confidential** service provided to all Applied Materials employees and their dependents to help manage personal issues that may detract from a certain quality of life. For example, you can use the EAP to help work through conflicts at home or in the office, financial stress, legal issues and substance abuse.

The EAP provides you with:

- Up to five in-person visits with a licensed counselor per person, per eligible issue or problem.
- Unlimited access to EAP staff by phone.
- In-person visits that can be scheduled within 48 hours of your request.
- Meetings to address concerns, personal or emotional issues, parenting challenges, work-related concerns and critical incidents.
- Online access to targeted resources.

This program is offered to all of your household members, even if they are not your legal dependent or enrolled in one of the Applied Materials medical programs.

Learn how the EAP can help you by calling **(866) 317-8957** or by [logging in](#) (username: MYAMATEAP, password: MYAMATEAP).

Explore Your No-Cost EAP Resources

Access these EAP resources for help with managing stress, goal setting, work/life changes or dealing with organizational changes.

On Site in Santa Clara:

Alex Mackenzie
Santa Clara AMP Wellness Center
www.amp.crossoverhealth.com
Phone: (408) 986-7777

Other Locations/Web:

www.mylifevalues.com
Log-in: MYAMATEAP
Password: MYAMATEAP
Phone: (866) 317-8957

Important!

Services provided by the EAP are completely confidential. Your personal information and usage is never shared with Applied Materials.



Your On Site AMP Services

Are you familiar with all of your Applied Materials on-site benefits and services designed to save you time and money?

Austin

- AMP Fitness Centers
- Blood Pressure Machines
- CitySprout (organic fruit and delivery service)
- Café

Gloucester

- AMP Wellness Center
- Café

Santa Clara

- AMP Wellness Center
- AMP Fitness Center
- Massage
- Café
- Dry Cleaning Services
- TIMptations (organic fruit and delivery service)

Free Financial Checkup

Do you have an idea of how your financial health is doing? Have you met with a financial advisor recently to review your savings strategy for the future?

401(k) Plan Checkup Statement

During the week of April 21, all U.S. employees will receive a personalized 401(k) Checkup Statement in the mail from Fidelity. This statement will detail your 401(k) Plan investments and savings to-date, how to set aside a little more for better results, and how you can get your investment mix on track to secure a more financially stable future.



Take Your Financial Wellness a Step Further

Looking to maximize your savings for the future? Get help developing your investment strategy!

During May through June, we will host on-site educational events at Kalispell, Austin, Santa Clara and Gloucester, where you can meet individually with a Fidelity guidance consultant who will help you identify ways you can increase your savings for the future.

One-on-one phone consultations will also be offered to those not available to attend on site.

You will receive emails with locations, dates, times and registration information later this month.

Supplemental LTD

Enroll from April 28-May 21

During the upcoming enrollment period, eligible employees will have the opportunity to apply for Supplemental Individual Long-term Disability (Supplemental LTD) insurance through UNUM. Supplemental LTD coverage is an important benefit to consider electing because it provides additional financial coverage in the event an illness or injury leaves you unable to work for an extended period of time.

A personalized enrollment kit for UNUM Supplemental LTD will be mailed to the home address of eligible employees on April 25. Enrollment runs from April 28-May 21, 2014.

If you are currently enrolled in this benefit, you may receive a letter in the US mail from UNUM. The letter will be provided to employees who are eligible for an increase in their coverage based on their 2013 earnings. Your supplemental LTD premiums will be adjusted accordingly. This will happen automatically and there is no action required on the employee's part unless they do not want the additional coverage.

Spark...Boost...Recharge!

Online Financial Wellness Resources

Applied Materials makes a significant investment in financial wellness programs for our employees.

Check out the new Financial Wellness section on the [AMP Wellness website](#) and take advantage of these resources today to better prepare for tomorrow.

Spark

Learning the ropes to money management? Begin with budgets, managing loans, finding savings and enrolling in plans.

Start planning for the future.

Boost

Thinking about tuitions, trusts, wills and smart investing? Take the next step in financial planning to kick it up a notch.

Do more to secure financial wellness.

Recharge

Are you in the financial shape you want to be? Take a new look at your investment strategy, insurance needs and next steps to prepare for retirement.

Review and revise to stay on track.

Connecting Your Passion with Action

Social wellness is about building networks and fostering healthy, balanced, connected communities. Applied Materials' community involvement programs are provided for employees who are committed to living in an environmentally and socially responsible way. Have you been kicking around the idea of volunteering at your kid's school to teach a special unit on technology? Or is there a local initiative you feel strongly about that needs to raise a certain amount of money? The Applied Materials' Foundation is designed to support you and your passion by:

- Matching your charitable donations to eligible non-governmental organizations and K-12 schools,
- Helping you find volunteer opportunities that reflect your interests, and
- Providing employees with matching gift benefits for charitable donations and volunteer time.

To explore the Employee Giving and Volunteering program go to [Applied Giving](#). We're helping you find meaningful ways to give back, impact change and feel good about the work you do inside and outside of Applied Materials.

Join the discussion: Read about what some of your colleagues are doing in their communities.

Developing Grade School STEM Educators

Applied Materials Employees Help Recovery Efforts of Fire-Destroyed Part of State

Volunteering Can Boost Your Wellbeing

You may or may not be surprised to hear that people who volunteer typically say they feel better physically, mentally and emotionally when they do. Also, people who volunteer have noted that it helps create perspective and manage stress levels. And at the end of the day, those who are invested in a cause and develop a deeper connection to their community and to others, tend to be happier and therefore more inclined to engage in other areas of wellness in their life. Volunteering has also been found to help people develop key skills and behaviors that add value in the workplace, such as time management, building relationships with colleagues and reading group dynamics.

Find out more about Applied Materials' focus on [social responsibility](#) and the array of opportunities to get involved. This is a large part of how Applied Materials' connects with the world, with the community and with you.

