

Employee Well-Being

Boeing takes a holistic approach to employee safety and overall well-being, including physical, financial and mental health components at work and at home. We value human life and well-being above all else and take action to improve many aspects of an employee's life. [Read more information about our benefits.](#)



Pamela Pulla, engineer, Flight Crew
Operations. (Stephanie Su photo)

Boeing continues to demonstrate strong commitment to employee well-being

Why it matters: Boeing has increasingly put a spotlight on the importance of striving to achieve and maintain good physical and mental health.

The Topic and Numbers

Boeing is committed to employees' well-being and believes that providing ongoing education about well-being topics is an important complement to the company's health benefits. The company offered engaging content to a diverse breadth of employees throughout 2022.

We hosted more than 60 well-being-related webinars, with 20,000+ employees participating. Some of the webinar topics included:

- **Finding balance:** How to balance demands on time and feel fulfilled when managing work and life becomes challenging.
- **Sleep and emotional well-being:** Why sleep is an important component of emotional wellness and how to improve sleeping habits to optimize health and productivity.
- **Family nutrition and the farmers market:** Fruits' and vegetables' peak growing seasons, how to pick them and store after purchase, and tips to help children with fear of new/unfamiliar food.

- **Loss and grief:** The stages of grief, myths and facts, symptoms, coping mechanisms, self-care, the difference between grief and depression, and when to contact a grief counselor.

- **The gut-brain connection:** The microbiome and why we might care about the microbiome's effect on health.

- **How to find a therapist:** Common terminology used in the mental health field, including types of mental health providers and types of therapy; insurance navigation tips; how to find the right fit, including questions to ask yourself and potential providers.

- **Staying emotionally happy and healthy:** Practical tips to find joy, inner peace and fun by prioritizing what is important in your life and setting boundaries.

- **Fertility wellness:** The best time to start seeing an infertility specialist, how to walk through the journey feeling supported emotionally and available benefits.

- **Managing trauma and intense emotions:** The relationship between trauma, fear and anxiety and the tools for managing the range of intense emotions that may be experienced after distressing events.

- **Pain:** Contributing factors and getting support: The science of pain, factors affecting the experience, and how exercise therapy can help improve overall health and well-being.

- **Diabetes 101:** How to lower your risk or manage your diagnoses with small, impactful changes.

- **Women's health through life stages:** Factors related to women's health during each life stage decade (e.g., 20s, 30s, 40s), including health conditions, preventive care and programs for support.

- **Health and well-being for Black employees:** Discussed health conditions that are prevalent among African Americans, as well as behavioral health, prevention and management programs.

- **Latinx health:** Focused on the physical and mental health disparities, as well as disease risk factors, chronic diseases, preventive care and health care access resources in the Latinx community.

- **LGBTQIA+ inclusion in health care:** Barriers and inequalities that are experienced within the community, how the cycle is being broken, and benefits and resources available.

What's next: Boeing will continue to provide educational resources to empower employees to make informed decisions about their physical and emotional well-being and understand the many benefits and resources that are available to them.