



Your Benefits and Wellbeing

Micron benefits and wellbeing programs are designed to keep you healthy — physically, emotionally, financially and socially. That's a tall order, but we offer a lot — with health and wellbeing programs that are regionally customized and encompass your whole health. Review the programs offered in your area in more detail on [myHR](#).

Time Off

Each Micron company also offers paid time off and holiday programs. Time off and holiday time away from work allows us all to balance our work and personal lives — plus, it just makes life more enjoyable.

Global Flexible Work Arrangement Guideline

In recognition of team member commitment and dedication to achieving Micron's business objectives, Micron provides team members with opportunities for flexible work arrangements to balance work and personal lives while continuing to meet business needs. This program supports Micron's Diversity and Inclusion initiative and helps increase engagement in the workplace. Learn more about the program by reviewing the Global Flexible Work Arrangement Guideline, associated FAQs and the Flexible Work Arrangement Request Form found on [myHR](#) under Time & Leave > Arrange a Flexible Work Schedule.

Mother's Room Guidelines

Supervisors will provide nursing mothers reasonable break time to express breast milk for their nursing child for a period of up to two years after the birth of their child. This break time will include the time needed to leave the work space and access one of the designated Nursing Mother's Lactation rooms. Understanding that every mother's situation is unique, a general guideline for supervisors is that expression may take 20 – 30 minutes at a time and may need to happen every two to three hours. Team members should consult their local Team Member Handbooks, Work Rules or the Rules of Employment for additional guidance on nursing break.

Choose Well, Live Well Program

The goal of the Micron Choose Well, Live Well Program is to help you enjoy a healthy lifestyle and strive to be your best self. The program uses a combination of site-level and global programming to connect team members worldwide with wellness opportunities and resources. Team members can earn financial wellness incentives by participating in the wellness programs. This can be done through habit tracking, challenging fellow team members and by tracking activity with a company-provided wearable wellness tracker.

Team Member Assistance

The Guidance Resources Team Member Assistance Program at Micron can help with a wide range of life's ups and downs, including emotional and marital issues, financial and legal matters, and potentially life-threatening problems like drug and alcohol dependency. You get confidential, professional services at no cost to you. You can also get help with the daily tasks of finding childcare, planning a vacation and even party planning. Learn more at [guidanceresources.com](#).