

## Reward Yourself: Transcript

One of the things that I really enjoy about working at Commerce is the financial security that they provide me – my family, and my salary, but also the opportunity to save for the long term in the 401K match that they have.

My favorite perk and benefit to working at Commerce is really the flexibility, so having a family of my own and working there for so many years, I've really been able to take advantage and it's allowed me to create that perfect home life balance that I think most employees are searching for.

The way the benefits have helped me obtain financial security are the 401K plan, especially because I got in it when I first started at the bank, and I didn't know that I was going to be here for forty-two years.

So, now it's a huge reward as I approach retirement age.

The benefits that Commerce Bank offers really, really surprise me as to how they have helped with my health.

On comes, healthy returns, on comes the step challenges that they put in place, and on comes the different programs that the bank has put in place to keep me active.

Like the bank yoga that I've been doing now for quite a few years.

Fantastic, my health has been tremendous.

In fact, I don't think I've ever been this healthy since I've started these programs, and I feel like I'm a better person for it.

It's fascinating.