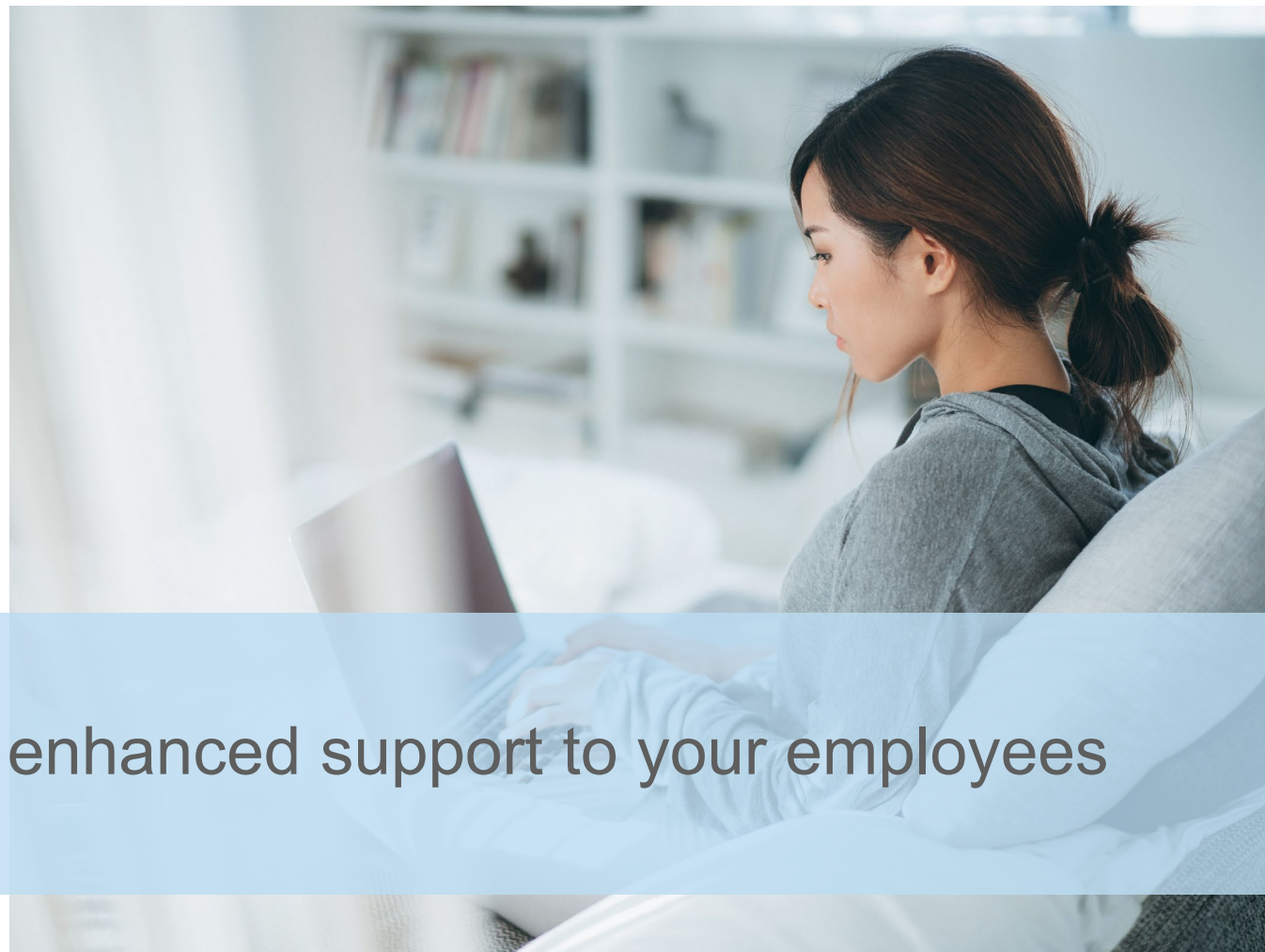


# Emotional Well-being Resources

Offering enhanced support to your employees





# Emotional Well-being Resources program launches 1/1/22

It's important to treat emotional, psychological, and social well-being with the same care as physical health concerns.

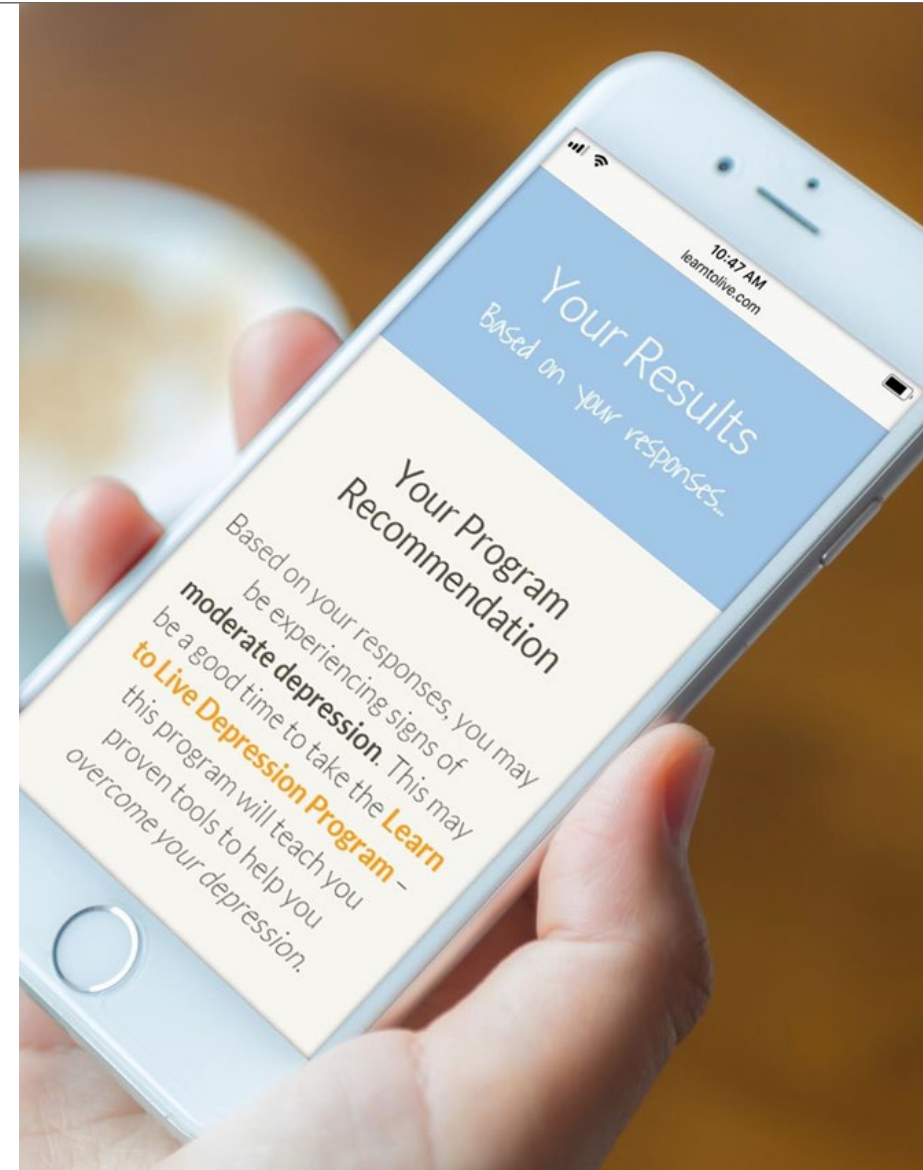
Mental health conditions can significantly impact day-to-day life, including overall happiness and productivity at work.

To provide comprehensive whole-health support, we are introducing a new Emotional Well-being Resources program.

The program is administered by Learn to Live, a trusted partner in health.

Learn to Live will replace myStrength on 1/1/2022.

Available in English and Spanish to support more employees.



# Emotional Well-being Resources

## Overview and program benefits

- Self-guided digital Cognitive Behavioral Therapy (CBT) expands access to support and eliminates social stigma barriers.
- Comprehensive self-assessments facilitate appropriate program recommendations for employees and their families (age 13+).
- Personalized care modules promote skill-building, resiliency, and mindfulness.
- Each program uses proven CBT techniques to provide support for:
  - Social anxiety
  - Depression
  - Stress, anxiety, worry
  - Insomnia
  - Substance use
  - COVID-19 concerns
- Opportunities to engage Master's-level clinical coaches via text, email, and phone.
- Family, friends, and peer-to-peer communities encourage additional social support.
- Post-program surveys, mindfulness moments, and webinars support ongoing care.



### Results and outcomes\*

**~30%**

average  
improvement  
in clinical  
assessment results

**44%**

improvement  
in psychometric  
outcomes when  
working with a coach

**6x**

average industry  
engagement vs.  
traditional solutions

**94%**

would recommend the  
program  
to others



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