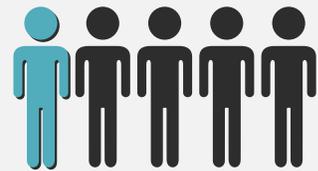


Maintaining a healthy workforce starts with giving your employees the tools they need to proactively address their mental health. Balance is a personalized behavioral health program committed to delivering convenient, accessible, mental health resources. It's a program rooted in providing the care your employees need on their terms – and in their time.



1 in 5 adults
experience a diagnosable
mental illness in a
given year



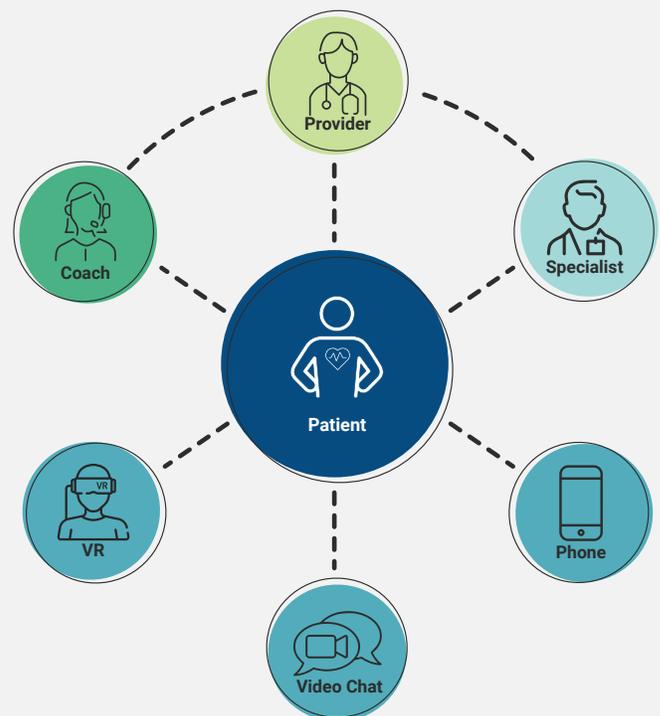
Identifying Employee Needs

Mental health issues are hard to deal with—they take a lot of time and effort. Finding the right kind of support and care is hard too, and all this combined can end up really distracting from work.

- Individuals need support **learning** what is going on with their mental health situation.
- They need **guidance** they can trust.
- And they need **access** to the kind of care that would help most and feels right for them.

Improving Access to Mental Health Care

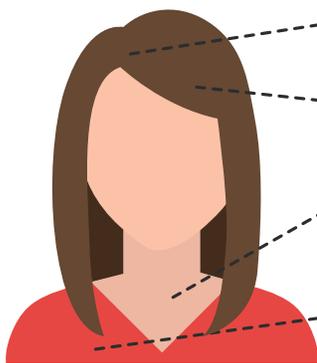
Balance is designed to ensure that your employees receive the resources they need to get the care they require.



Comprehensive Treatment Options

Whether it's the initiation of a virtual mental health chat, a conversation with one of our Care Concierges, or a VR stress reduction session, our choice of pathways to care make it easier to get help once the need has been identified.

 Care Concierge	 Virtual Wellbeing Coach	 CenteredVR
<ul style="list-style-type: none"> • Behavioral Health Care Practitioners • Phone call or video chat • Connect to specialists as needed • Ongoing support, techniques + strategies 	<ul style="list-style-type: none"> • Mental health chatbot • Available 24/7 • Built by psychologists and based on Cognitive Behavioral Therapy techniques 	<ul style="list-style-type: none"> • Stress reduction through mindfulness practice • Personalized VR experience of 6 20-minute sessions • At-home, onsite or in-clinic setting



- 
The Disease Perspective
(Any underlying physical health conditions)
- 
The Dimensional Perspective
(General disposition and personality traits)
- 
The Life Story Perspective
(How life experiences help an individual make sense of what they encounter)
- 
The Behavioral Perspective
(How drives and urges influence actions)

Personalized Care

The Balance program begins with the Balance assessment. Developed in collaboration with clinical experts in the Johns Hopkins Psychiatry department, **rated #1 in the nation** in 2020 by US News & World Report, the assessment looks at a number of health and lifestyle factors, as well as what the individual is encountering through four lenses – or perspectives.

Once the assessment is complete, participants get immediate results on their personalized, private dashboard.

Prioritize Mental Health

Your employees are critical to your business. By giving them access to best-in-class, expert care that's personalized, convenient and comprehensive, you can effectively address workplace mental health.

80%
of employees
treated
for mental illness



5 Ways to Support the Mental Health of your Employees

1. Normalize talking about well-being
2. Show them you're listening
3. Make care accessible
4. Promote a culture of health
5. Utilize technology to offer resources at scale