



80% of employees treated for **mental illness** report **increased levels of work efficacy and satisfaction**<sup>1</sup>

Maintaining mental health has become more important than ever—especially when it comes to keeping your workforce resilient and productive. In fact, research shows that employees who receive support for mental health issues are generally more efficient and more satisfied with their work.

There are five easy ways you can support your employees' well-being:



Champion well-being in the workplace



Show that you're listening



Make care accessible



Promote a culture of health

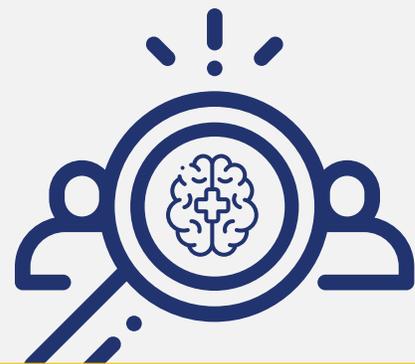


Offer convenient digital solutions

Sounds like a tall order, doesn't it? Not when you've got Balance™.

## How Balance Fits Into Your Strategy

Balance uses a quick and easy survey to paint a comprehensive picture of each employee's unique life history, health risks and personal situation. Developed in collaboration with clinical behavioral health experts at Johns Hopkins, the survey helps people learn more about what's going on with their mental health situation, so they understand why they're feeling the way they do. This establishes crucial buy-in from employees—**when they have a deeper understanding of their mental health situation, they're more compelled to do something about it.**



Balance Helps Identify Your Employees' Needs

## Balance Offers Your Employees Options

Based on the results of the initial survey, Balance lets your employees determine the steps they want to take to start feeling better. They can access educational videos, start a virtual mental health chat, have a conversation with a Balance program-trained Care Concierge, or get connected to a wellness or financial well-being coach, therapist or other specialist if needed.

Or if it's their adolescent child (age 10+) who needs help, our care team can work with them to get the support they need, quickly and conveniently. Balance offers a whole menu of options so employees can get the support they need—on their own terms and in their own time.



### Care Concierge

- Behavioral health care practitioners
- Phone call or video chat
- Connect to specialists as needed
- Ongoing support, techniques and strategies

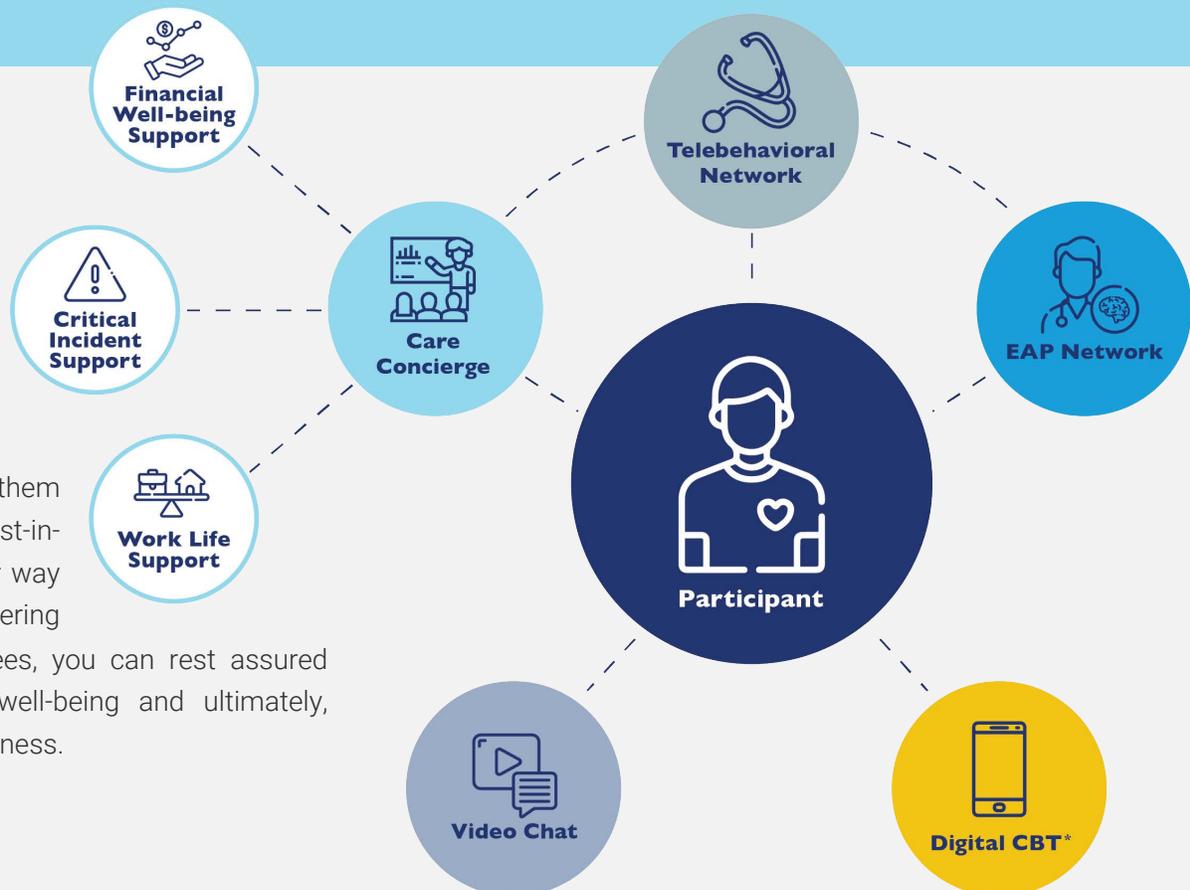


### Bea, the Digital Assistant

- Mental health digital assistant
- Available 24/7
- Built by psychologists and based on Cognitive Behavioral Therapy techniques

## Balance Supports Your Employees and Your Business

Balance is tailored to each person's unique situation and needs, and gives them convenient access to best-in-class support in whatever way works best for them. By offering Balance to your employees, you can rest assured you're supporting their well-being and ultimately, the well-being of your business.



\*Cognitive Behavioral Therapy

<sup>1</sup>American Psychiatric Association's [workplacementalhealth.org](http://workplacementalhealth.org)

To learn more about Balance from Johns Hopkins, please visit [www.johnshopkinssolutions.com/balance](http://www.johnshopkinssolutions.com/balance) or email [balance@johnshopkinssolutions.com](mailto:balance@johnshopkinssolutions.com)