

Taking care of our mental health has become more important than ever. But for most people, it's difficult to understand their mental health needs, or when it's time to seek professional help. And if they do try to get support, it's not always easy to find.

That's where Balance comes in.

The Johns Hopkins Balance program quickly and conveniently connects people to the right care *for them*.

## How Balance Fits into Your Population Health Strategy

When you're responsible for the health care costs and health outcomes of your workforce, patients or health plan members, it's critical to take a proactive approach to mental health.



By focusing on prevention, Balance enables early detection to identify mental health risks before they become a crisis.



Our holistic survey looks at an individual's personality, behaviors and life experiences as well as physical and mental health.



Balance adapts to the changing mental health needs of any population – *including adolescent children*.

## How does Balance work?

Based on the results of their initial survey, participants with an identified concern are confidentially matched with a dedicated, program-trained Care Concierge for immediate support, and are connected to specialists and available resources if needed.

And to help people get access to mental health care even more quickly, Balance can extend your network by offering an additional therapist-supported, digital Cognitive Behavioral Health program and a nationwide tele-behavioral health network.

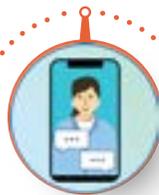
Take the Balance survey



Sign up for Bea— 24/7 digital assistant



Receive personalized results



Talk over results with Care Concierge

Let Care Concierge find the right resources



Talk to a specialist

Check in regularly with Care Concierge





## Care Concierge

- Behavioral health practitioners, available by phone or chat
- Connect to existing benefits, specialists, or financial, legal or community resources as needed
- Providing ongoing support, techniques and strategies



## Bea, the Mental Health Digital Assistant

- Available 24/7
- Built by psychologists and based on Cognitive Behavioral Therapy techniques
- Pathways tailored to the individual's Balance survey results



## Educational Content

- Skill-building resources for participants, caregivers, parents and adolescents
- Personalized tips and resources based on the individual's Balance survey results
- Individuals can choose how they learn by reading, watching or listening to tips



## Expandable Mental Health Network

To ensure participants can access quality care as quickly as possible, Balance also offers options to extend your existing network:

- **AbilitiCBT:** structured, digital, therapist-supported Cognitive Behavioral Therapy program
- **Array:** a tele-behavioral health network available in all 50 states

## What sets Balance apart?

Coordinating care helps people take full advantage of the well-being benefits and resources available to them, including EAP programs and community resources.

**Balance provides dedicated Care Concierges, offering support for the whole family.**

Care Concierges meet with **adolescent children** (with their parents' consent) and **connect them to the right specialists** as needed.

**Quality training and oversight** by Johns Hopkins faculty ensure **best-in-class support**. Our Care Concierges help to **de-stigmatize mental health**, so individuals can express their needs to their mental health provider.

Care Concierges are **licensed behavioral health practitioners** who are committed to getting to know an **individual's needs** and personal situation.

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)