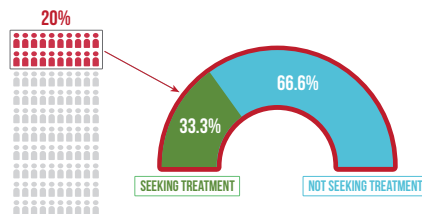


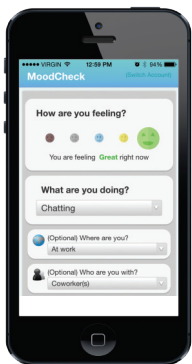
# PROMOTE WELLTRACK AND REAP THE BENEFITS OF AN ENGAGED AND RESILIENT WORKFORCE

## IMPROVE EMPLOYEE MENTAL HEALTH BEFORE IT AFFECTS WORKPLACE PRODUCTIVITY

At any time, 20% of your employees are suffering from mental health-related issues, like stress, anxiety and/or depression.



2/3 of those employees will never seek help through traditional means. This is where we can help.



By offering online access to services that are accessible and anonymous, we increase the likelihood that employees will utilize these services, and as a result, they will become more engaged and productive at work.

WellTrack provides access to online therapy for stress, anxiety and depression.

But our support extends beyond this.

You also get access to MoodCheck, the daily mood tracker. MoodCheck helps your employees monitor their mood and learn which activities make them feel great, and which ones to avoid.

## REAL-TIME ANALYTICS ON THE THINGS THAT MATTER

Year over year employees report stress as a top concern.

Survey your staff to assess their mental wellbeing, and then offer access to help without delay.

Integration with your existing incentive program ensures that employees get rewards for the courses they take.

As an HR Executive, receive access to the HR Pro dashboard to monitor staff's mood in real-time, and see which of your promotion efforts are resonating with employees.

Over time, you will be able to see trends in what causes employees concern.



## HOW WE WORK FOR YOU

We strive to make it easy for you to roll out access to employees without the need to involve IT.

## RESEARCH

WellTrack is a science informed product that is based on a wealth of research supporting the use of Computerized Cognitive Behavior Therapy (CCBT). In fact, there have been enough controlled studies that the APA now considers this a form of therapy. Our own research confirms these findings.