

# CoreHealth Solutions Supporting Mental & Emotional Health



CoreHealth's suite of Well-Being@Work Checkpoints, Challenges, and Behavior Change Programs consists of purpose-built modules, assessments, and interventions that examine various aspects of an employee's psychological strengths and challenges in the context of their work experience.

## The Well-Being@Work™ Suite of Checkpoints Includes:



**Resilience Checkpoint™** provides employees with an opportunity to evaluate their resilience in dealing with stressful events. A detailed review of personal characteristics and resources shows how each enhances or undermines their resilience in dealing with stress at work and in their personal lives.

**Psychological Well-Being Checkpoint™** evaluates mental health in a workplace context, from personal characteristics of optimal mental wellness to signs of psychological distress with symptoms of depression and anxiety, and the work-related factors that undermine psychological safety in the workplace.

**Financial Well-Being Checkpoint™** evaluates four pillars of personal finances including control over current finances, financial cushion and protection, financial flexibility and future preparedness. Personalized action plans and links to resources help employees address their financial challenges and strengthen their financial assets.

**Stress@Work Checkpoints™** identify psychosocial hazards in the workplace in compliance with national and international standards and/or legal obligations for psychosocial risk management. From a high-level scan to identify organizational "hot spots", to a comprehensive review of employee experience with job, organizational, workplace, management and business culture, gaps between policy and practice highlight actionable priorities for employees and employers.

## Turning Data into Insights and Action

### Benefits For Employers

The Well-Being Checkpoints report on the "pulse" of the workforce and identify key sources of work-related stress, where management intervention is required to mitigate, or resolve underlying workplace risks to employee health and well-being. Ongoing monitoring highlights trends and impact of risk management actions.

### Benefits For Employees

Each Well-Being Checkpoint identifies employees strengths and challenges and guides them to information, activities, and resources based on their personal action priorities.

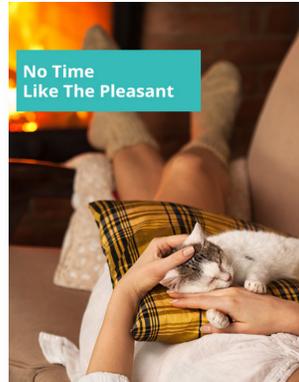


# Mental & Emotional Well-Being Challenges

Support your employees on their journey to improved mental well-being with our themed individual, team, or buddy challenges. Focus on social connection, mindfulness, and self-improvement through brief, actionable daily activities.



See how performing random acts of kindness for those around you can benefit your own mental and emotional health.



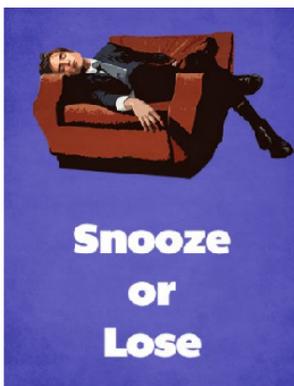
Partake in daily stress relieving activities to feel the mental, physical, and emotional benefits of taking time to relax.



Facilitate workplace face-to-face or virtual social interaction with this social challenge to improve wellness and productivity.



Technology can alienate us from the people in our lives and even prevent us from getting a good nights sleep. Learn how to disconnect to better reconnect with others.



Track various health behaviors that impact sleep and follow the tips to ensure that you have a better sleep each night.



This challenge encourages you to lend a helping hand through simple daily activities that are also good for your mental, emotional, and physical health.



Improve your overall well-being by following daily activities that encourage quality time with family, friends, and community.



The MindQ Optimism, Compassion, and Gratitude challenges help to positively influence mental resilience, overall health, performance, and relationships.

## Micro-Learning Behavior Change Programs

Developed by a behavior change psychologist, these 21-day micro learning programs help employees form and stick with new healthy habits. Each light-hearted program consists of fun and manageable steps to improve intrinsic motivation.



### Head On Mental & Emotional Health

Discover effective ways to help yourself or a loved one cope with anxiety or depression with *Head On*, a program with simple steps to help you improve your mental health.



### Attention Boost Productivity

Find ways to manage awareness and boost productivity using mindfulness practices with *Attention*, a light-hearted, self-paced program.



### Belong Relationships

Strengthen relationships to help physical and mental health while lowering the risk of dementia with *Belong*, a program with simple steps to engage with others.



### Calm Mindfulness

Explore the well-being pillars of body, mind and spirit with *Calm*, a program with simple steps to discover how mindfulness can help fight stress and anxiety.

## Integrated Partner Mental & Emotional Health Solutions

For additional mental and emotional well-being resources, our integrated partners offer a variety of best-in-class solutions that seamlessly integrate with the CoreHealth Platform.



Engaging online health coaching courses for lifestyle management. Their video program incorporates evidence-based structured cognitive behavioral training techniques.



Hundreds of videos led by mental health professionals embedded in mental wellness programs that make the insights of therapy accessible and stigma-free.



An AI-powered coaching tool that helps users “train their brain” in positive mental patterns that lead to overall mental health and emotional wellness.



Individually tailored and interactive behavior change solutions that include depression prevention and stress management.



Personalized exchanges of text messages, voicenotes, and videos through convenient and stigma-free messaging app connecting with a licensed mental health counselor.

