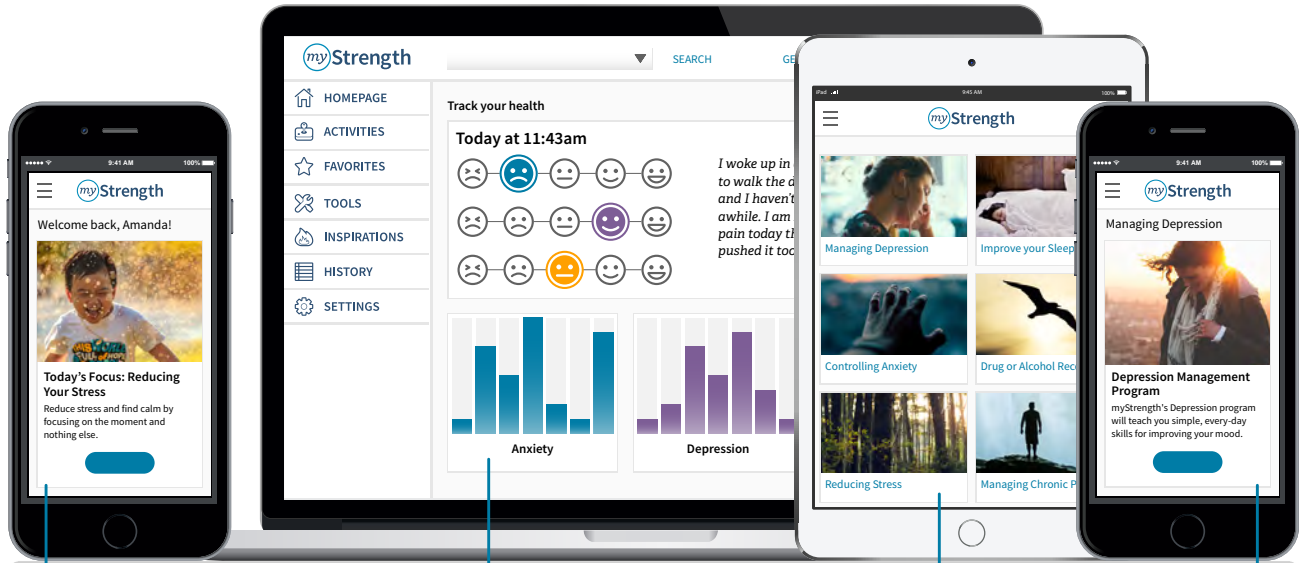




Digital Platform for Employee Emotional Health and Well-being



Personalized User Experience	Multi-Condition Trackers	Interactive Psychotherapy Applications	Tailored Well-Being & Inspirational Resources
Community	5th Grade Reading Level	Spanish	Demonstrated Clinical Improvement

myStrength offers evidence-based self-help resources for people seeking to improve their mental health and overall well-being. As a rapidly scalable web and mobile solution, myStrength meets the diverse needs of the employee population and drives higher levels of awareness and adoption of available benefits. myStrength’s proven tools address depression, anxiety, stress, insomnia, substance use, chronic pain and more.

Demonstrated Engagement with Proven Results

Individuals who use myStrength consistently demonstrate a reduction in clinical symptoms and functional impairment.

25% Average reduction in depression and anxiety symptoms reported by myStrength users	53% Reduction in staff hours missed due to mental health concerns
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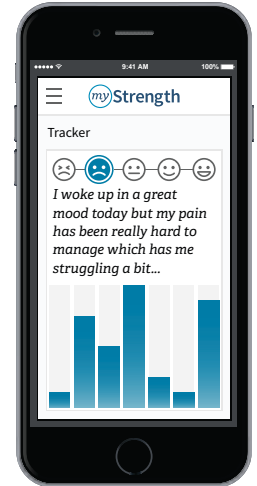
myStrength has launched with more than **2,000 employers**, representing more than **15,000,000 covered lives**.

myStrength Overview for Employers

myStrength offers access to clinically-proven tools to self-manage stress, depression, anxiety, substance use disorders, insomnia, chronic pain and more through a fully-integrated user experience that also provides industry-leading support for comorbid conditions – as physical and emotional health challenges often co-occur. Additionally, myStrength offers one-to-one Coaching capabilities, which amplifies the impact of its digital tools through in-application messaging that offers support, encouragement, and guidance as individuals explore myStrength.

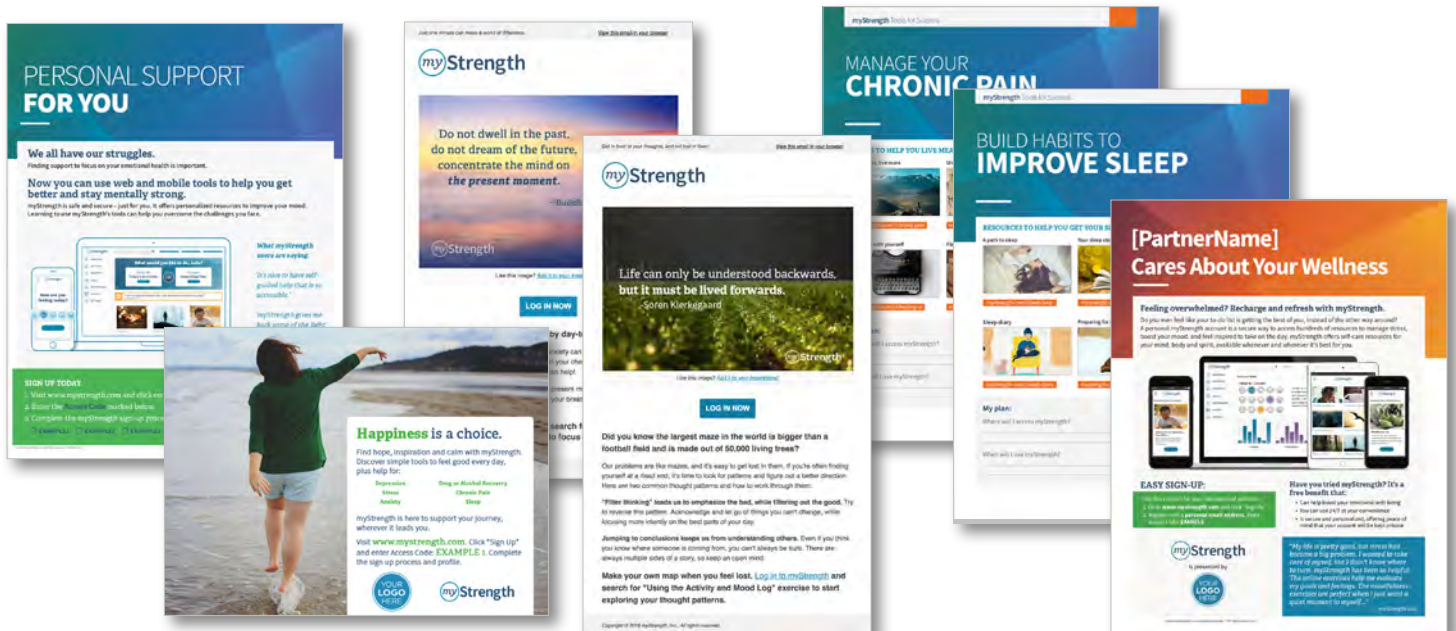
Employers offer myStrength to complement existing emotional health offerings (namely, employee assistance programs), extend access to care, and meet employees' needs for secure digital resources. In addition, myStrength provides an empowering self-care resource to build resiliency and maintain overall mental health, leading to more engaged, productive staff.

myStrength uniquely integrates a range of evidence-based psychotherapy models such as **cognitive behavioral therapy (CBT)**, **mindfulness**, and **motivational interviewing**, along with **tailored wellness** and user-defined **inspirational and spiritual resources** to cultivate a strong mind, body and spirit.



Integration with Employers

myStrength closely collaborates with human resources, employee benefits, and wellness teams as well as existing EAP providers to execute a range of creative campaigns to drive high levels of individual adoption and awareness.



Contact your sales representative for a
myStrength demo or more information.