

## The Future of Employee Wellness & Support

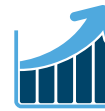
### WHAT IS AN EAP?

An employee assistance program (EAP) is a workplace benefit that provides mental health and wellbeing support services to help employees overcome personal and workplace challenges.



Companies saw an average of \$6.25 ROI for every \$1 spent on EAPs

Our EAP combines the power of our lifestyle, coaching, and clinical services, creating an all-in-one employee assistance solution that promotes confidence and productivity.



When implemented, EAPs help to increase productivity by 76%

### A PAIRING THAT MAKES A DIFFERENCE

While other companies offer EAPs as a stand-alone service, our comprehensive EAP integrates seamlessly into the AllyHealth app. When paired with our suite of virtual mental health solutions, employees have access to both short-term, in-the-moment assistance, and long-term, ongoing support.

### OUR EAP INCLUDES

- ✓ Work-Life / Personal Concierge services, including
  - Child and Elder Care Resources
  - Daily Living Resources
  - Legal Assistance
  - Financial Assistance
- ✓ Initial assessment and referral to one of our other services provided
- ✓ Short-term, solution focused counseling\*
- ✓ 24/7 live answer from a masters-level clinician
- ✓ Computerized Cognitive Behavioral Therapy
- ✓ Mindfulness program
- ✓ Life Coaching
- ✓ Text-based Coaching
- ✓ Content library
- ✓ In-the-moment support

\*Up to 3 sessions *per item*



## Health and Wellness Coaching

Encourage healthier lifestyles and a more energized and productive workforce with personalized, custom health and wellness coaching from our experienced team of highly trained and ICF/NBHC Certified Wellness Coaches. Our coaches work one-on-one with employees and their families to provide individualized, goal-oriented guidance and work to strengthen new habits, all leading to long-term success.

### HOW IT WORKS

Connect with Certified Wellness Coaches through our mobile app, by phone or video, for personalized health and wellness planning and support whenever you or your family need it.

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### DID YOU KNOW...

**72% of employers** saw a reduction in healthcare costs after implementing a wellness program.

The average ROI for employee wellness programs is **six-to-one**.

**56% of employees** who participate in company wellness programs say they have **fewer sick days due to the program**.

-via zipa.com

### FEATURES AND BENEFITS

- ✓ Experienced certified coaches provide you with expert help and advice
- ✓ Develop a personalized, custom Wellness Plan with your own Wellness Coach
- ✓ Create an action plan and work together to achieve your goals
- ✓ Form healthy habits leading to long-term success
- ✓ Available from 8am to 8pm local time
- ✓ Available to you and your family members
- ✓ Great complement to an existing employee wellness program offering
- ✓ Increase productivity, decrease absenteeism, and improve employee recruitment and retention with a progressive benefit offering

### COMMON HEALTH & WELLNESS GOALS WE SUPPORT

- Weight Loss/Management
- Healthy Eating
- Fitness & Exercise
- Stress Reduction
- Meditation
- Tobacco Cessation
- Work-Life Balance
- Anxiety Management
- Healthy Sleep Habits
- Overall Lifestyle Improvement
- And more...

*Up to 6 sessions per family member, per wellness goal, per year.*