



2021 MENTAL HEALTH RESOURCE GUIDE

December 2021

What's Inside:

Overview

Vendor Information

Additional Mental Health
Resources



When we prepared the Greater Philadelphia Business Coalition on Health’s initial Mental Health Resource Guide for distribution at a February, 2020 in-person educational program on digital mental health, we had no idea that we were on the verge of a global pandemic that would further elevate managing mental health as a priority for our members.

We have updated the previous edition by reaching out to those organizations that participated in that version, and also to additional organizations which offer digital (web and app-based) services. Our emphasis is on making members aware of the range of services and vendors available to them. Of course, there are many other organizations, including Employee Assistance Programs (EAPs), health plans, PBMs, and general care coordination and navigation services that also address mental health concerns. Please note that the companies listed in this guide contributed their own content. We have not evaluated their services and being listed here should not be considered an endorsement by GPBCH.

Not all invitees chose to respond to the request for information. In addition, there are undoubtedly other organizations that were not identified or for whom a contact could not be identified, that offer information and services of value. This is not a comprehensive listing of all vendors, but rather those sources of information and support that were identified as most relevant and of greatest interest to employers at this time.

In addition to the vendor listings, we have updated the “Additional Mental Health Resources” section of this Guide, where you can find a range of other sources of information, support, and tools, many of which are available to employers at no charge.

We welcome any feedback on the usefulness of this information, and please also let us know if you have positive experience with any vendors or services not listed here that you would like to see included in a future edition.

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Array Behavioral Care

Array Behavioral Care (formerly InSight + Regroup) is the leading and largest telepsychiatry service provider in the country with a mission to transform access to quality, timely behavioral health care. Array is also the exclusive national telebehavioral partner to the Pro Football Hall of Fame Behavioral Health. Array offers telepsychiatry solutions and services across the continuum of care, from hospital to home, through its OnDemand, Scheduled and AtHome divisions. For more than 20 years, Array has partnered with hundreds of hospitals and health systems, community healthcare organizations and payers of all sizes to expand access to care and improve outcomes for underserved individuals, facilities, and communities. As an industry pioneer and established thought leader, Array has helped shape the field, define the standard of care and advocate for improved telepsychiatry-friendly regulations.

Experience to date: The Array clinical team started practicing telepsychiatry in 1999. Founder and Current Chief Medical Officer, Dr. Jim Varrell, provided the nation's first commitment via telepsychiatry and has since been one of the nation's top advocates for the appropriate use of telepsychiatry to increase access to care. Today, Array AtHome covers more than 87 million American lives and growing. By 2022, Array AtHome will be in-network in all 50 states.

Pricing of services: The cost model for Array's AtHome services typically follow a fee-for-service methodology with a PEPM arrangement to account for the program supports. We can also engage in invoice billing as well as more unique Value Based Care arrangements depending on our partners' size and needs to ensure program sustainability.

Website(s) for additional information: <https://arraybc.com/>

Contact information:

Farai Musariri
Associate Director of Business Development at Array Behavioral Care
1120 Route NJ-73, Suite 300
Mount Laurel, NJ 08054
501.205.9306
farai.musariri@arraybc.com

Big Health

Big Health's mission is to help millions back to good mental health by providing safe and effective non-drug alternatives for the most common mental health conditions including insomnia and anxiety. Designed by leading clinical experts, Big Health's digital therapeutics expand access to gold standard care, including behavioral medicine, and are backed by industry-leading research and randomized controlled trials. By seamlessly integrating across the care pathway, from member engagement to billing via pharmacy benefit managers, Big Health simplifies adoption for both payers and patients, providing an inclusive, scalable, and affordable approach without serious side effects.

Experience to date: Big Health's products — Sleepio for poor sleep and Daylight for worry and anxiety — have collectively been covered in over 60 peer-reviewed papers published in clinical literature, including 13 randomized controlled trials (RCTs).

In its randomized controlled trials, Big Health has shown improved sleep scores, clinical improvement in comorbid mental health conditions including depression, and indication of improved quality of life. Through gold-standard clinical evaluation and randomized controlled trials, we have shown that our digital therapeutics help 76% of patients achieve clinical improvement in insomnia and 71% of patients achieve clinical improvement in anxiety. Because of this validated approach, we are the first digital therapeutic recommended by the American College of Physicians and the National Institute of Health and Care Excellence (NICE).

In a recent Health Economic Evaluation of Sleepio in use among employees at a Fortune 500 company, it was revealed that the digital program yields 28% lower health care costs, or an average of \$1,677 lower health care cost per employee for those using Sleepio compared to the control group.

Today, Big Health works with large Fortune 500 employers and other payers to provide proven digital therapeutics to those who need it. Sleepio and Daylight are available to more than 10 million people around the world. Through a collaboration with CVS, Big Health makes it easier for employers to adopt digital therapeutics. Big Health pioneered billing through the PBM — allowing employers to pay for Sleepio and Daylight similar to how they would pay for drugs. Big Health also partners with the NHS to provide millions of people in the UK access to digital therapeutics.

Pricing of services: Our digital therapeutics were the first solution added to CVS Health's digital formulary where billing & consumption of digital therapeutics can be managed as easily as drugs.

Website(s) for additional information:

- www.bighealth.com
- <https://www.linkedin.com/company/big-health/>
- <https://twitter.com/wearebighealth>

Contact information:

Ariel Mone, Event Marketing Lead
ariel@bighealth.com

Brightline

Brightline is the first virtual behavioral health solution designed specifically to support kids, teens, and their families across a broad range of needs. With multidisciplinary care teams, evidence-based programs, and a family-focused approach, Brightline brings care to families right when and where they need it.

Families who join Brightline can access on-demand resources in its digital platform, Brightline Connect, and video visits with its expert care team members — including coaches, therapists and psychologists, psychiatric providers, and speech therapists. Whether it's school pressure, stress, anxiety, depression, self-esteem issues, tough behavior, identity questions, ADHD, speech delays, family transitions — whatever tough stuff families are dealing with, Brightline is here to help.

Experience to date: Brightline is partnering with leading health plans and employers to bring its services to families. In just two years since its founding, Brightline is expanding affordable and accessible pediatric behavioral and mental health care across the country.

- Launched the **first comprehensive behavioral health digital platform, Brightline Connect, and coaching programs designed for kids, teens, and their families nationwide** in September 2021
- Expanded access to **virtual behavioral therapy, evaluation and medication support, and speech therapy to 20+ states** and will have nationwide access to these services by early 2022
- Announced the company will be launching programs focused on **Autism Spectrum Disorder** and expanded programs for youth who identify as **LGBTQ+ and/or BIPOC** in early 2022
- Demonstrated **100% improvement** based on the Clinical Global Improvement (CGI-I) scale **reported for children completing Brightline's anxiety treatment plan** and those whose parents or caregivers completed Brightline's **parent behavior training program**

Pricing of services: Brightline partners with health plans and employers to cover Brightline's services — including its digital platform, coaching programs, and clinical services — for families who access those benefits. When Brightline is not in-network with a health plan and/or covered by an employer, services are available out-of-pocket to families.

Website(s) for additional information: <https://helloworldbrightline.com/>

Contact information:

James Fitzpatrick
Vice President, Commercial
jfitzpatrick@helloworldbrightline.com

CredibleMind

Localized Digital Mental Health Platforms promoting mental wellness, preventing mental illness, and intervening early in ill health. Platforms cover more than 100 risk and protective factors and provide more than 10,000 self-care interventions with user-and expert-ratings. Each local site includes: content updated daily to your site through our system; ability to house user generated content; multiple ad positions and sponsorship opportunities; performance reporting and analytics of users; ability to segment to targeted population; co-branding or white labeling; customization; multi-channel interactive campaigns; wellbeing program integration kit; test-and-learn analytics; and ongoing client support.

Experience to date: The solution was launched in January of 2020. So far, (5) clients are serving as beta sites/early adopters.

Pricing of services: Approximately \$0.50 PEPY (per employee per year)

Website(s) for additional information: <http://crediblemindpro.com>

Contact information:

Scott Dahl, Senior Director
130 Liberty Ship Way, Sausalito, CA 94965
404-721-5964 | scott@crediblemind.com

eMindful Inc.

eMindful, a Wondr Health company, delivers evidence-based mindfulness programs built on a solid foundation of 14+ years of data-driven insights and consistent results at improving health, productivity, and healthcare costs. Today, our programs can be applied to everyday life and chronic conditions, including stress, anxiety, depression, weight, diabetes, chronic pain, addictive behaviors, cancer recovery, and smoking cessation. We also offer special programs for medical professionals, veterans, and active military.

Experience to date: eMindful covers 7.4 million lives and 120+ corporate clients and strategic partners, including Fortune 500 employers as well as large health plans. We deliver purpose-driven mindfulness solutions and proven outcomes. Our industry leading outcomes include:

- 81% of participants are purposefully engaged
- 78% of participants use eM Life 2x/week
- 71% of participants reduce stress
- 55% reverse metS
- 54% improve sleep
- 40% tobacco cessation
- 47 mins/week gain in productivity
- Our Client NPS is 91

Pricing of services: eMindful offers flexible pricing options from a per employee per month pricing model to a case rate to billing as a medical claim.

Website(s) for additional information: www.emindful.com

Contact information:

Nora Dudley, Marketing Director
11315 Corporate Blvd., Suite 210
Orlando, FL 32817
773.330.5540 | Nora.Dudley@emindful.com

Ginger

Ginger offers members convenient mental healthcare for all of life's moments, from wherever they are. Each employee and eligible family member receives a personalized care experience that starts with real-time, text-based behavioral health coaching and on-demand guided-self care, which are available any time of day, 365 days a year. For people who need a higher-level of care, a licensed therapist or psychiatrist can be added to the member's care team. Through our team-based, clinically-proven approach to care, we ensure that everyone gets the right level of support, ultimately improving employee productivity and reducing healthcare costs. Our recent merger with global mindfulness and meditation leader, Headspace, to form the combined entity, Headspace Health, will further advance our mission and democratize mental healthcare by providing affordable and comprehensive access to the full spectrum of mental health support for everyone.

Experience to date: Ginger's 500+ clients range in size from a few hundred employees to Fortune 100 companies. Today, over 25 million people in over 50 countries around the world have access to Ginger through leading employers, health plans, and partners. On average, 70% of members surveyed experienced an improvement in depression symptoms within 10-14 weeks. 55-60% of enrolled members exchange at least one message with a coach. Ginger's average member rating is 4.7 out of 5 stars. Ginger maintains a 2 minute response time within a 24/7, on-demand service structure. Ginger is recognized by The World Economic Forum as a Technology Pioneer, by Fast Company as one of the Most Innovative Companies in Healthcare, and by UCSF Digital Health Awards as 2020's leading Mental Health Company.

Pricing of services: Employers have two options to bring Ginger to their organization.

Single PEPM Model offers a seamless way for both employers and employees alike to adopt Ginger. Employers benefit from a predictable mental health budget, while employees and their family members have free, all-inclusive access to comprehensive mental health support. A single per employee per month fee, regardless of usage, includes unlimited guided self-care, unlimited text-based behavioral health coaching, and a designated number of video-based therapy and psychiatry sessions per year.

PEPM + Fee-for-Service Model offers a flexible, cost-effective way to maximize Ginger, alongside existing EAP and mental health benefits. This option has two cost components. A per employee per month fee provides employees and their family members with access to unlimited guided self-care and text-based behavioral health coaching. Video-based therapy and psychiatry sessions will be billed fee for service. Ginger is in-network with a number of health plans and EAPs, allowing therapy and psychiatry sessions to be billed as an in-network benefit. If Ginger is out-of-network, we can partner with the employer's health plan or EAP to create a client-specific network.

Website(s) for additional information: www.ginger.com

Contact information:

Geoffrey Kratz, VP, Sales - Eastern Region
203-216-8644 | geof@ginger.io

Joyable

Many people with mental health needs are not receiving the help they need due to stigma and lack of access to timely care options. Joyable connects people with evidence-based mental health programs that they can do whenever and wherever is most convenient and is proven to help them get better. We do this by providing virtual behavioral health care programs and digital therapy programs that deliver high-quality, structured care people need to live healthy lives. Our virtual care programs deliver results that lower healthcare costs and improve clinical outcomes in people living with comorbid conditions and gives them the tools for better health. Our virtual behavioral health care produces an average symptom decline for depression, anxiety and stress of 49%.

With Joyable you get:

- 24/7 instant access via phone, tablet, or computer
- 8 weeks of structured digital CBT activities available anytime, anywhere
- Content broken into bite-sized, delightful digital activities that fit into daily life
- Unlimited access to a personal, dedicated engagement coach to motivate and drive adherence

Experience to Date: Our structured digital therapy programs are delivered with one-on-one live coaching and are proven to reduce symptoms of depression, anxiety and stress by 40%. More than 20 million people have access to our services today.

Pricing of services: Our pricing model is either a Fee-for-Service or PEPM.

Website(s) for additional information: <https://joyable.com/>

Contact Information: Jerry.Jarvis@ableto.com

Lucid Lane

Lucid Lane's core product is an industry first. A virtual Medication Taper Management program for short- or long-term Opioid and Benzodiazepine use. Our core service is augmented by a comprehensive behavioral telehealth solution for behavioral health, pain coaching, medication management, and Medication Assisted Treatment. Our mission is to treat the whole person living with acute or chronic pain, medication dependence, and substance abuse. Our members experience an improvement in their quality of life, emotional well-being, pain and functioning within just a few sessions.

Experience to Date: Operating and growing since 2017 our licensed therapists are trained under the Lucid Lane umbrella to join and collaborate with multidisciplinary care teams. In 2021 Lucid Lane is operating in 30 states with Medication Taper Management and is growing an aligned national network of Medication Assisted Treatment Licensed Addiction Medicine providers. Lucid has surpassed its 2021 goal of reaching 1,000 patients, is adding new referring providers daily, and is pending publication of research validating its approach to care conducted in partnership with MD Anderson Cancer Center, Stanford University, and The Veterans Administration.

Pricing of services:

Psychological Evaluations- Insurance Coverage or \$99 Private Pay

Medication Taper Management- Insurance Coverage

Medication Assisted Treatment- Insurance Coverage, Direct to Consumer \$199/month

Website(s) for additional information: <https://www.lucidlane.com/>

Contact Information:

Noelia Ruiz Angel, Director of Business Development and Client Success

San Francisco CA

915.422.6811

noelia.ruiz-angel@lucidlane.com

Lyra Health

Lyra Health is committed to providing the highest quality, most comprehensive mental health care benefit. 20% of therapies practiced today are extremely effective. Lyra's approach centers around these treatments. Lyra supports over 1 million members across a variety of industries, including Facebook, Amgen, and Apache. We help employers improve access to effective care to help 7x more members get care and 82.7% improve in 8-12 weeks. Because members get better, productivity increases, turnover rates decrease, and health plan costs are reduced to provide 4X ROI year one.

The Lyra digital care platform offers comprehensive and personalized care including self-care, therapy, mental health coaching, and medication management. Care modalities include in-person, video, and onsite care for all needs, from stress to suicidality, and we provide flexible, online scheduling: same-day, evening, weekend appointments. We have a superior nationwide network consisting of coaches, therapists, and physicians. We rigorously screen evidence-based providers typically found out-of-network and utilize performance monitoring driven by clinical results tracking (PHQ9, GAD7, PSS). Lyra also provides critical incident support, manager training, and other work life services including legal, id theft, and child/elder care support.

Experience to date: Lyra currently serves 35+ clients, ranging in sizes from 600 to 200,000 employees. We count Google, Amgen, and Facebook among our clients. However, out of respect for our clients and their privacy, we do not share our client list. Lyra is currently working with employers representing 1 million covered lives across the U.S. With our streamlined model, Lyra is able to secure members fast access to care with superior clinical outcomes. Lyra charts patient progress longitudinally and shares it back with our providers to enable feedback-informed treatment. Lyra sees 82.7% of members improve or recover across our entire member population.

Pricing of services: In all our benefit configurations, EAP, and adding Lyra as a client specific network in your health plan integration, we use a consistent approach to pricing. Lyra uses a fee-for-service pricing model for care sessions plus a small per member per month (PMPM) fee to cover the costs of our digital platform, self-care apps, manager consultations, account services, marketing services, and reporting. In our health plan configurations, you can also configure Lyra as client-specific network within your self-funded plan to enable us to receive data to collect copays and accumulate against deductibles.

Traditional fixed fee PEPM EAP pricing models deter investments in engagement and clinically-appropriate care. With a fixed PMPM model, the vendor gets financially penalized for every patient they treat. In many traditional EAP fixed fee arrangements (total EAP costs/# of counseling sessions), low engagement means employers are paying well over \$300 per session for care that does not get their members better.

Website(s) for additional information: lyrahealth.com, [The Efficacy of Cognitive Behavioral Therapy: A review of Meta-analysis, Is cognitive-behavioral therapy more effective than other therapies?](#)

Contact Information:

Sean McBride, Head of Partnerships
287 Lorton Avenue, Burlingame, CA 94010
(608) 628-2601 | partnerships@lyrahealth.com

MeQuilibrium

MeQuilibrium is an engaging, science-based, scalable coach in your employee's back pocket. By measuring wellbeing, engagement, productivity, stress, motivation and focus, we're able to identify and predict the biggest challenges in your workforce. Optimize their potential today and achieve big gains.

Engage - Engage is the foundation of the meQuilibrium system. Cloud-based, and globally scalable, Engage uses scientifically-validated assessments to generate personalized training for each individual—building adaptive mindsets while reducing stress, burnout, and absenteeism.

Empower - In order to maintain a culture of high-performance amidst constant change, your people need to be able to pivot quickly, problem solve, and remain focused. Empower equips teams with the agility and emotional intelligence to face challenges, innovate, and drive business outcomes.

Collaborate - The first data-driven solution of its kind that enables “active collaboration” between work colleagues and managers. Collaborate builds adaptive skills to manage the impacts of change and an organizational culture optimized for innovation.

Experience to date: Resilience has a broad impact across an organization on both people and organizational metrics. We can prove it with our clinically validated data and insight engine translating into millions in savings for our clients. Employees are 4x more likely to have high job satisfaction and 47% are less likely to miss at least 1 day of work per month.

Pricing of services: please provide a price or range; if you are not able to provide a price please describe the pricing model (e.g. pepy, per referred case, etc.)

PEPY pricing model, based on the population size, products licensed, and duration of contract.

Website(s) for additional information: <https://www.mequilibrium.com/>

Contact information:

Scott Fillenworth
EVP, Sales, Business Development & Client Success
meQuilibrium
781.248.3707

Minding Your Mind

Minding Your Mind provides mental health education and suicide prevention training in workplaces, schools, and communities. There are three core workplace education presentations:

Breaking Stigma: Mental Health in the Workplace and Beyond is designed to educate adults on basic mental health issues and how they impact daily life in the workplace, at home, and during interactions with others. Appropriate for small businesses to large corporations with live webinar availability, this program is facilitated by one of Minding Your Mind's professional clinicians who provides guidance on communications techniques, positive coping skills and resources for help.

Mindfulness: The Courage to Feel trainings create an environment that promotes productivity, reduces stress and anxiety, and teaches the value of focus and resilience. Taught by one of our expert mindfulness facilitators, this program can be scheduled in three ways: as a single session that introduces the benefits of mindfulness and teaches individuals specific practices; as a four-part series that focuses on additional practices and strategies for incorporating those into a workplace; or as a customized plan to meet and complement the unique needs of your organization.

COVID-19 & Our Mental Health – Managing Mental Health in Uncertain Times provides instruction of how to cope, how to help, and how to recognize the changes as we re-enter. High demand on this topic.

Experience to date: In 2007, Minding Your Mind was established with the goal to end stigma and destructive behaviors among youth by providing mental health education to students in schools. Eventually, this grew to include education for parents, educators, and healthcare professionals. Today, Minding Your Mind is the largest provider of mental health education in Pennsylvania, and we have regional offices serving New Jersey, New York, and New England. As of 2021, Minding Your Mind presentations have officially reached over 1,000,000 people. In 2016, Minding Your Mind developed a Corporate Wellness Program to meet the needs of adults in a workplace environment. We have been invited into many companies and organizations from different industries in the Tri-State area to supplement their employee education initiatives. Some of our ongoing corporate clients include: Independence Blue Cross, Aon, Janssen, J&J, SEI, Siegfried, Legg Mason, Ballard Spahr. We have received glowing reviews and moving testimonials from employees, managers, and others who have participated in our corporate programs. Aon said, "You gave people the language to talk about it and the confidence to open up to others, while teaching others how to support. Thanks for a powerful and positive program."

Pricing of Services: **all donation based** (recommended donation below)

Breaking Stigma: Mental Wellness: \$750 (Facilitated by MYM clinician)

Mindfulness Workplace Session: \$500 (Facilitated by MYM's certified Mindfulness instructors)

COVID-19 & Our Mental Health: \$500 (Facilitated by a MYM clinician)

Website(s) for additional information: www.mindingyourmind.org

Contacts:

Andrew Onimus, Director of Corporate Programs: 610-547-1425 | Andrew@mindingyourmind.org

Trish Larsen, Executive Director: 610-642-3879 | Trish@mindingyourmind.org

Marissa Marschall, Regional Director: 610-314-7870 | Marissa@mindingyourmind.org

Program Office: 1084 East Lancaster Avenue, Suite 302, Rosemont, PA 19010

Business Office: 124 Sibley Ave Ardmore, PA 19003

Mindstrong Health

Mindstrong provides comprehensive digital behavioral health services for the full spectrum of mental health needs through professional services including teletherapy, medication management, and wellness coaching. Patients are supported by a high-quality clinical care team, and research-driven technology that includes a member-facing app to empower and inform personalized care from a smartphone. While we specialize in supporting people living with a serious mental illness (SMI), our model uses a combination of evidence-based practices and a person-centered approach to meet members wherever they are on their mental health journey.

With Mindstrong members can access:

- Teletherapy and psychiatry services
- Urgent care access 24/7
- Messaging, video, or phone options to interface with a provider
- Personalized care plans and on-going support from a wellness coach
- Tools such as goal-setting, health journey tracking, and mental health resources

Experience to date: Mindstrong currently offers care in 13 states and is accessible to thousands of people through innovation-driven partnerships with health plans and public institutions, and DTC options to expand care access.

Outcomes from our diverse members include:

- Less than 7 days between intake and first appointment on average
- Reduced clinical severity scores and number of unhealthy days, mental and physical
- Over 30,000 appointments completed with provider team

Pricing of Services: Mindstrong can offer a standard Per Member Per Month option (PMPM) dependent on the number of members (or employees) covered and the package of services, or an adaptable Fee-for-service model for increased flexibility. Package options are tiered according to service needs to optimize personalization for member care.

Website(s) for additional information: <https://mindstrong.com/>

Contacts:

Amanda Sussex
Sr. Director of BD & Partnerships
amanda.sussex@mindstronghealth.com

NeuroFlow

Empower is a self-service tool for population health management and risk stratification for self-insured employers. Empower addresses the massive toll behavioral health can take on employee productivity and satisfaction by providing a free, secure mobile app to support the mental wellness and overall health of an employee population. Through personalized, simple onboarding and real-world rewards to drive engagement, Empower helps to ensure high levels of adoption and utilization of your mental wellness offerings while making employees happier and healthier.

Empower's tech-enabled care coordinator solution helps employers provide 24/7 mental wellness resources to their employees, identify those needing additional support, reduce productivity and turnover costs through evidence-based practices, and comply with NCQA requirements. To hire, retain, and support the modern day employee, employers must find ways to support the whole health, body and mind, of their employees. Doing so not only addresses the costs of behavioral health, but also gives employers a longitudinal, population-level insight into the health of their employees to proactively offer targeted, data-driven outreach and support, at scale.

Experience to date: NeuroFlow has approximately 25,000 users on its platform, and has been implemented at more than 200 healthcare facilities and organizations across the country including Jefferson Health and the VA.

Pricing of Services: NeuroFlow leverages a SaaS subscription model, tiered by the number of engaged users on the platform.

Website(s) for additional information: <https://www.neuroflowsolution.com/empower/>

Contacts:

Will Crowley, Director of Marketing
1635 Market Street, Philadelphia PA 19103
610-608-3664 | will@neuroflowsolution.com

Newtopia

Newtopia is tech-enabled habit change provider focused on disease prevention through lifestyle intervention specific to nutrition, exercise, and mental health. Newtopia focuses on whole person health, the belief that physical and mental health must be evaluated together to prevent, reverse, and slow the progression of chronic disease. By working with everyone holistically through personalized one-on-one coaching, the Newtopia habit change experience provides participant engagement and stickiness, desired outcomes, and opportunities for cost savings.

Newtopia recently expanded its mental health offerings to include testing for the BDNF gene, which gauges resilience to stress, and usage of the PROMIS® questionnaire, which measures for mental and emotional health. By understanding each participant's genomic data, Newtopia's Inspirators (health coaches) can provide actionable recommendations for behavior modification specific to that participant's unique lifestyle. PROMIS® enables Inspirators to gauge a baseline of participants' mental health as it relates to mood, anxiety, stress, sleep, and energy through an easy-to-use questionnaire. Data gathered from this questionnaire will provide insights into where an intervention may be needed. Changes in participant scores will be measured every four months to assess improvement over time.

These new mental health offerings are now part of the existing Newtopia experiences, which include Weight Management, Diabetes Prevention, MetS/Disease Prevention, Hypertension and Heart Health and Healthy Living with Diabetes. Newtopia also recently added a Habit Change and Resiliency experience, designed for individuals who do not have physical health risks but who do require improvements to their habits and mental health to achieve enhanced whole health.

Experience to date: Newtopia serves some of the largest nationwide Fortune 500 employers and is currently listed on the Toronto Stock Exchange. Not only do we have six years of experience serving employers, but our methodology is also evidence-based and has been validated by a Randomized Control Trial conducted by Aetna. You can read the [full results](#) of the Randomized Control Trial in the Journal of Occupational and Environmental Medicine. We continue to deliver consistent outcomes with existing commercial clients as published in our [latest research](#).

Pricing of Services: Newtopia's fee is performance-based and tied to monthly engagement and annual outcomes. We bill on a 'per engaged participant per month' basis with an Outcome Milestone at 12 months. Participant engagement is measured and billed monthly, defined as completing at least 1 coaching session or 12 active app uses. A Success Fee is invoiced for those reaching or exceeding a predetermined benchmark.

Website(s) for additional information: Newtopia.com

Contacts:

Mark Jackson

mjackson@newtopia.com

Selfhelpworks

Established in 1999, SelfHelpWorks provides cognitive behavioral training programs to eliminate emotionally driven unhealthy habits that drive productivity loss, absenteeism and chronic disease. The programs are convenient, engaging digital versions of successful evidence-based training courses formerly taught live in hospitals, clinics and large corporations. The programs provide the motivation, knowledge, cognitive skills and tools needed to produce emotional freedom, sustained behavior change and a higher quality of life.

Tobacco addiction • Obesity and unhealthy eating • Physical inactivity
Stress and poor resiliency • Alcohol abuse • Poor sleep • Poor diabetes management

The programs can be easily integrated into an existing wellness portal or implemented as a stand-alone solution and scaled across multiple locations. Detailed reporting, white labeling options, marketing collateral and live user support are available at no cost. Optional live health coaches are also available.

Experience to date: SelfHelpWorks serves more than 4 million lives at over 600 end-client organizations, many via channel partners including leading wellness vendors like Bravo Wellness, HealthFitness, Go365 and Virgin Pulse.

Texas Dept. of Human Services Case Study: 73% of the employees who took the LivingEasy stress management and resiliency program reported reducing their frequency of being troubled by stress from “excessively”, “heavily” or “often” to just “sometimes”, and 33% reported taking more action to resolve a stressful situation.

Comparison of 60,000+ Annual Health Risk Assessments: A large national wellness vendor offered SelfHelpWorks interventions to members based on their HRA results and compared the baseline HRA scores of those completing a program with the following year’s HRA scores.

Pricing of Services: SelfHelpWorks programs are available as a suite or a la carte. The most common pricing structure is a capitated, volume based PEPM model. A one-time \$1,200 set-up fee applies to smaller groups. Examples (for entire suite): 200–2,500 = 65c PEPM; 5,000 = 55c PEPM; 10,000 = 45c PEPM

Website(s) for additional information: www.selfhelpworks.com (Click the “See how it works” button)

Contacts:

Bryan Noar, VP Strategic Partnerships
2727 Camino del Rio South, Suite 110
San Diego, CA 92108
(619) 296-6001 ext. 248 | bnoar@selfhelpworks.com

Spring Health

Spring Health is a comprehensive mental health solution for employers. It can also be considered an EAP alternative. Spring's mission is to eliminate every barrier to mental health by combining artificial intelligence (AI) and clinically proven technology with high-touch care navigation to give every member fast and easy access to the right care at the right time. Our approach — Precision Mental Healthcare — uses data to bypass trial and error and deliver each person the right treatment plan customized for them and their immediate needs.

We provide the industry's most comprehensive mental health assessment, which screens for 10+ mental health conditions. We also offer Candela, which is to measure quality of care and enables us to incentivize our providers and offer the first pay-for-performance system based on real clinical outcomes.

Our service offering includes: the Spring Health platform (assessments, direct scheduling, and ongoing engagement via web and app), unlimited care navigation, a full behavioral network of outpatient services (coaching, therapy, psychiatry and medication management), self-guided digital CBT programming through Moments (depression, anxiety, eating disorders, and substance use) psycho-education (mindfulness, meditation, and breathing exercises), critical incident response services, and work-life services (elder/child care, legal, and financial).

Experience to date: Spring Health was founded in 2016. Today, Spring Health serves all company sizes, from start-ups to multinational Fortune 500 corporations.

As a comprehensive mental health solution, our approach results in 2x higher remission rates than world-class clinical trials (60% vs. 30%), faster access to care (1.1 days vs. 21 days average), 8 weeks faster recovery times (12 vs. 20 weeks average), and lower overall costs than traditional mental health solutions.

Pricing of Services: Spring Health is flexible in its plan designs and pricing options. We can also set up Client Specific Networks (CSNs) to enable billing to go directly through the health plan(s) at the in-network rate. This ensures that, post-employer sponsored sessions, members can continue seeing a Spring Health provider with no disruption in care. Finally, we can act as a full EAP replacement. We are eager to work with each employer to come up with a package that best meets their needs.

Website(s) for additional information: <https://springhealth.com/>

Contacts:

Melina Canessa
Director, Strategic Alliances
251 Park Ave. South, 6th Fl
New York, NY 10010
(505) 328-0322 | mcanessa@springhealth.com

Total Brain

Total Brain is an app-driven platform accessible via a computer browser or mobile app and supports the individual across the mental health continuum. Based on the notion that mental health can be measured, improved, and managed like physical health, we leverage neuroscience and over 15 years of R&D to provide a clinically validated solution to support workplace mental health. The platform consists of a clinically-validated, digital neuroscientific test that uses tasks and questions to assess an individual's 12 brain capacities and benchmarks their performance to a peer group from our standardized database of over 1M datasets. Unlike solutions that focus on one area of the brain (i.e. stress, resilience) we evaluate all of the integrated functions (emotion, feeling, cognitive, self-control) to measure, train, and improve the total brain.

During the assessment, the user is screened for the risk of common mental conditions in a stigma free, brain performance context. Screened conditions include depression, anxiety, addiction, ADHD, PTSD, social anxiety and sleep apnea with a 70-80% accuracy rate. Users who screen positive will be referred to company resources (EAP, Teledoc) for diagnosis and support.

Personalized adjunctive digital therapies (ADT) are recommended to the user based on their needs as outlined by their assessment results and the user is reassessed monthly to track progress and adjust training as needed. Digital training exercises are based in CBT, MBCBT, positivity, breathing, and meditation and are structured as themed journeys around reducing stress, improving memory, achieving focus, increasing positivity, and becoming more resilient.

Our customizable analytics provide actionable insights to understand and manage population health and risks. In addition to breaking down risk of screened conditions, engagement, productivity, and improvement, we can monitor the impact of other wellness programs in your organization and cross promote these from within the app to support the entire wellness ecosystem.

Experience to date: Total Brain is used by large consumer groups and Fortune 500 companies who benefit from lower mental healthcare costs, improved productivity and critical insights on what drives their organizations including Boeing, Nationwide, Lincoln Financial Group, State of Colorado, IBM, AARP, Aetna and many others. With 54 customers covering over 750K lives, we have an ROI model developed in collaboration with Mercer that validates our platform results:

Increase in Productivity: 4.6% on average	Improvement in Emotional Capacities: 8%
ROI from Productivity Gains: 7x on average	Improvement in Feeling Capacities: 15%
Improvement in Depressed Mood: 39%	Improvement in Cognitive Capacities: 16%
Improvement in Anxiety: 28%	Improvement in Self Control Capacities: 7%
Reduction in High Stressed Employees: 82.6 on average %	Screened Individuals Who Triage for Support: 20%

Pricing of Services: We offer Per Employee Per Month (PEPM), Per User Per Month (PUPY) and a hybrid model for pricing. We have volume discounts and a Revenue at Risk Guarantee of 25% for meeting annual objectives (i.e. engagement, improvement, etc.) agreed upon during contracting. Core Platform: PEPM \$1.00 PUPM \$6.67 & Core + Screening: PEPM \$1.50 PUPM \$10.00 ** Prices quoted without discounts ***

Website(s) for additional information: www.totalbrain.com

Contacts:

Lisa DiStefano, Senior Director of Sales
415.225.5309 | lisa.distefano@totalbrain.com

WellSpark Health

Healthcare is only a small percentage of a person's total wellbeing. In fact, 80% of someone's wellbeing comes from non-healthcare-related factors* and the COVID-19 pandemic has only intensified the need for total-person health. Traditional wellness solutions address specific behaviors, issues or circumstances related to an individual's health. But the barriers that prevent people from making lasting change – things that likely fall into the other 80% - often go unaddressed. WellSpark believes it is time for a new model focused on:

- + Culture, diversity, mental and emotional wellbeing
- + Engaging all employees, not just those enrolled in health plans
- + Removing barriers that prevent employees from making lasting change

Change happens when the organizational culture – and leaders – support healthy behavior. The question is... is your company ready for change?

Experience to Date: WellSpark is a national, carrier agnostic wellbeing provider who couples much needed human connection with the virtual modalities desired by the modern, diverse workforce. Since 2013, we have built relationships with both the public and private sector employers to bring disruptive, engaging health coaching and disease prevention services through a life-dimensional approach that supports the body, mind, and social health while creating a supportive workplace culture. All our credentialed health coach educators and nurse wellness coaches are highly credentialed in areas such as cognitive behavioral coaching and mind body medicine to truly solve for the emotional barriers to whole person health. In addition to our amazing team and digital support modalities, we have a unique ability to embed wellbeing into the organizational structure is how we activate your employees to move towards an enduring well.

Pricing of Services: We believe in paying for performance and true engagement, so WellSpark's cost model is based on actual utilization of services through a per session model along with a low PEPM for access to digital support tools. For our Diabetes Prevention Program, we only charge when meaningful milestones and outcomes are reached.

Website(s) for additional information: <https://wellsparkhealth.com>

Contacts:

Annie Tse, VP, Advisory Practice Lead | Wellbeing Strategy
175 Scott Swamp Road, Farmington, CT 06032
518-478-3309 | ATse@wellsparkhealth.com

Whil

Whil is a digital training solution focused on mental, physical, and emotional wellbeing. Our intention is to help employees lead happier, healthier, and more engaged lives. Whil's goal-based resilience training is designed for high performing cultures. We have twelve aspects of employee wellbeing supported by 250+ mini-courses 2,000+ audio/video sessions based in neuroscience, mindfulness, emotional intelligence, and positive psychology. All curated by 35 certified experts in various fields.

The aspects of wellbeing we cover are:

1. Learn to Meditate
2. Reduce Stress and Anxiety
3. Thrive at Work
4. Sleep Better
5. Be Happier
6. Focus and Grow
7. Boost Physical Health
8. Build Emotional Intelligence
9. Improve Relationships
10. Take One-Minute Breaks
11. Practice Yoga
12. Be a Chill Teen

Experience to Date: Whil is a privately held company, therefore, we do not disclose information about our clients. That being said, we serve over 250 clients, amounting to over 2 million users. We work across all verticals, specifically, landing success within healthcare and financial services.

Whil has a number of clients who directly access Whil, but we are able to scale with our partnerships. We currently have nine partners ranging from learning management systems, employee assistance programs, and wellbeing platforms as an integrated part of their solution.

Pricing of Services: Whil is priced on a PEPY basis. Our pricing starts at about \$15 PEPY. We tier our pricing based on how many employees a company has as well as the duration of their contract.

Another option is to purchase Whil a la carte. We price each of our 12 collections at \$2 PEPY with a minimum of 3 collections. You can choose three collections that suit the wellbeing needs of your employees.

Website(s) for additional information: <https://www.whil.com/>

Contacts:

Paige Gasparino, Partner Success Manager
1656 California St. | SF, CA 94108
415-500-5265 | paige@whil.com

Wisdom Labs

At Wisdom Labs, we believe that the way to sustainable behavior change is through community. Using a blend of technology and employee social connection, we're changing the way employers address mental wellbeing and stress at work:

Wise@Work Communities is a peer-led program held in your office, or over video chat, and facilitated by your own internal wellness champions with support from Wisdom Labs. Communities meet weekly to Learn, Practice, Discuss, and Integrate a wide range of mindfulness-based workplace skills, using an online platform that guides each 30-minute session. Community Leaders have access to communication templates and regular guidance from Wisdom Labs faculty to ensure they thrive in this unique wellbeing leadership role.

The Wise@Work App is provided for Communities participants to boost learning outside of regular meetings. The app includes short, situation and mood-based audio practices developed for the workplace and a growing library of learning series hosted by top mindfulness teachers and business leaders to help individuals build new skills from Giving and Receiving Feedback, to Nurturing Creativity, Mindful Leadership, & Cultivating Diversity and Belonging at work.

The app is also available as a standalone service for your entire company. Its work-focused learning modules and engagement tools (including Guided 30-Day Challenges, Employee Engagement Dashboard, and ongoing support from the Wisdom Labs team) have proven to be a powerful tool for building mindful companies at scale, with participants reporting a 19% increase in Calm & Balance after practicing regularly.

Experience to Date: Wisdom Labs' Wise@Work Communities span the globe. We are proud to support mindful communities at companies including LinkedIn, Merck, and The Kauffman Foundation. Additionally, our Wise@Work App corporate clients include businesses of all sizes from technology, media, and infrastructure companies to impact-focused nonprofits ranging from medical care providers, philanthropic organizations, school districts, and local governments.

Pricing of Services: Wise@Work Communities is priced annually on a subscription basis, based on the number of Communities needed by an organization. The Wise@Work App is included with Communities, but can be purchased as a standalone product starting at just \$500/year for companies with under 100 employees. Discounts are available for nonprofit organizations.

Website(s) for additional information: <https://wisdomlabs.com/>. Try Wise@Work Free for 30 days - [Click Here!](#)

Contacts:

Iris Krause | Chief Revenue Officer
415-754-9473 | info@wisdomlabs.com

Workit Health

Workit Health is an addiction healthcare company offering clinically-proven digital addiction care. Through telemedicine, we're bringing low barrier medication for opioid use disorder and alcohol use disorder to employers and regions lacking evidence-based treatment. Via our web and phone apps, members meet with clinicians and counselors and join online recovery groups while completing self-set goals. Our interactive curriculum of over 1,000 engaging online courses keeps members on the path to recovery from the comfort of home. We offer 24/7 recovery that fits into daily life, designed by experts. Workit Health's programs are harm reduction-based, 100% confidential, with proven outcomes.

Experience to Date: Workit Health currently has employer clients from across a variety of industries, including Salesforce (tech sector, 35,000 employees), Kirkland & Ellis (law, 3,500 employees), Red Bull (consumer goods, 12,000 employees), and Steelcase (manufacturing, 11,000 employees). We also offer counseling options to the public nationwide and medication for opioid and alcohol addiction in New Jersey, Michigan, and California.

In our medication program for alcohol and opioids, the program has 84% retention at Month 1, 74% at Month 3, and 68% at Month 6. 28% pass drug tests upon intake, but 84% are free from their drug of choice at month 3. For all programs, we see a 38% decrease in addictive behavior and a 13% decrease in anxiety, as well as a 25% increase in frequency of exercise, a 12% increase in spending management, and a 9% increase in alignment with their goals - what we call their "mission."

Pricing of Services: Pricing is per member in the Workit program and tiered based on the level of care provided.

Website(s) for additional information: <https://www.workithealth.com/>

Contacts:

Katherine Emley, Head of Partnerships
3300 Washtenaw Ave. Ste 280, Ann Arbor, MI 48104
(734) 794-3217 | kemley@workithealth.com

Additional Mental Health Resources

American Psychiatric Association – The Center for Workplace Mental Health

The Center for Workplace Mental Health, formerly known as the Partnership for Workplace Mental Health, provides employers the tools, resources and information needed to promote and support the mental health of employees and their families. While treatment works and is cost effective, many people who need help are not getting it, despite the availability of services and supports through employee assistance programs (EAPs) and mental health benefit coverage.

This organization works with employers, business groups on health, health-focused coalitions and other strategic partners to solve challenges and highlight innovative approaches to improving workplace mental health and making it a higher organizational priority. To learn more visit their website:

<http://workplacementalhealth.org/>.

Additional Resources

Since 2007 the American Psychological Association has commissioned an annual nationwide survey as part of its Mind/Body Health campaign to examine the state of stress across the country and understand its impact. The Stress in America™ survey measures attitudes and perceptions of stress among the general public and identifies leading sources of stress, common behaviors used to manage stress and the impact of stress on our lives. The results of the survey draw attention to the serious physical and emotional implications of stress and the inextricable link between the mind and body. Visit these links for more information:

<https://www.apa.org/news/press/releases/stress/index>

<https://www.apa.org/helpcenter/stress/index>

Centers for Disease Control and Prevention

The U.S. Centers for Disease Control and Prevention (CDC) is dedicated to helping all people live healthier lives. They focus on preventing or reducing the impact of mental illness as a critical part of overall wellness, using the same approach that they use to prevent other health conditions such as heart disease or influenza, including early identification and intervention for those at risk, and providing science-based strategies to reduce the risk. CDC works in collaboration with federal and other partners to bridge the gap between research and delivery. Visit their website to access educational pieces, data and publications, along with other tools and resources: <https://www.cdc.gov/mentalhealth/>.

Mental Health First Aid® At Work

Bring Mental Health First Aid training to your workplace

[Mental Health First Aid at Work](#) is a workplace mental health training program that teaches participants how to notice and support individuals who may be experiencing a mental health or substance use concern or crisis and connect them with the appropriate employee resources. Mental Health First Aid at Work is a skills-based, experiential and evidence-based practice. Mental health conditions are a leading cause of short and long term disability, resulting in absenteeism, and less than fully productive employees. Colleagues and managers are best placed to be the first to recognize the signs and symptoms of mental health issues in their co-workers. <https://www.mentalhealthfirstaid.org/at-work/>

MindWise Innovations

MindWise Innovations equips schools, workplaces, colleges, and communities with tools to help them address mental health issues, substance use, and suicide risk – enabling their members to live healthier lives. <https://www.mindwise.org/>

National Alliance of Healthcare Purchaser Coalitions

Collaborating with key stakeholders and members, The National Alliance is a leading voice on future directions in mental health and is actively developing a consensus for a path forward to promote systemic improvements in mental health and broker solutions for serious conditions prevalent among the US workforce including depression, anxiety and substance use disorders. The National Alliance has numerous resources, including action briefs, which could be of value to your organization. Review their Mental Health Initiatives website here: <https://www.nationalalliancehealth.org/initiatives/initiatives-national/workplace-mental-health>.

National Alliance on Mental Illness

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. What started as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation's leading voice on mental health. Today, NAMI is an association of hundreds of local affiliates, state organizations and volunteers who work in your community to raise awareness and provide support and education that was not previously available to those in need. See more at: <https://www.nami.org/About-NAMI#sthash.aUricbZB.dpuf>

Delaware: <http://www.namidelaware.org/>

Philadelphia: <http://dbhids.org/>

New Jersey: <http://www.naminj.org/>

The Right Direction

The Right Direction is an educational initiative created to raise awareness about depression in the workplace, promote early recognition of symptoms and reduce the stigma surrounding mental illness. It provides turnkey, customizable resources and materials to increase awareness, reduce stigma, and encourage people to seek help.

<http://www.rightdirectionforme.com/ForEmployers.html>

Shatterproof

Shatterproof is a national nonprofit organization dedicated to reversing the addiction crisis in the United States. Their goal is to work together to reduce the devastating impact of addiction on families across America by helping parents to prevent their children from developing an addiction to alcohol and other drugs. They want to ensure that those afflicted with this disease gain access to proven and effective treatments and long-term recovery. Visit their website to learn more: <https://www.shatterproof.org/about>.

Substance Abuse and Mental Health Services Administration

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. View current topics, training services, public message, and other resources here: <https://www.samhsa.gov/>.



The Greater Philadelphia Business Coalition on Health (GPBCH) seeks to increase the value of health benefit spending for the region's employers. We do this by improving workforce and community health, increasing healthcare quality and safety, and reducing healthcare costs. The Coalition represents employer interests in working with health plans, healthcare providers, benefits consultants, suppliers and other system stakeholders to address population health priorities and to ensure that when healthcare is needed it is accessible, affordable, equitable, high-quality, and safe.

