

Empower Employees to Tackle Mental Health and Well-Being Issues

- ▶ Struggles with mental health, financial health, and caregiving are some of the least visible, but most impactful, life issues employees might face
- ▶ Reduces the stigma of seeking help by offering a non-intimidating first step to address mental health and other well-being issues
- ▶ Employees can access the benefit through the **New Benefits mobile app** and **MemberPortal.NewBenefits.com**

1 in 5

Americans face a mental health issue at any given time

75%

of employers are prioritizing employee well-being through benefits and manager training

72%

of employees don't seek mental illness support due to stigma

How LifeSpeak Works

- ▶ Gives employees reputable, expert information from the world's leading experts on mental health, stress management, financial health, infertility, and more
- ▶ Provides on-demand access to an unparalleled library of educational videos, blogs, and downloadable action plans
- ▶ Topics are beneficial for personal needs, manager trainings, and professional development
- ▶ Available anywhere, anytime, on any device, and is 100% confidential

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