



Behavioral Health Coaching

Today's workplace is more challenging than ever before. Research shows that one in five people are living with mental health issues. A traditional EAP touches up to 20% of the population through individual and worksite services, and generally only up to 5% of the population engages in services. IBH continues to lead the marketplace by closing the gap between access and utilization by delivering technology-based solutions.

As part of our Employee Assistance Program (EAP), we also offer an option for on-demand coaching that utilizes an evidence-based technology platform. By providing flexibility for self-use and/or text-based coaching, members are more likely to complete initial assessment and continue with the coaching program.

Improve EAP Engagement

Our Behavioral Health Coaching delivers personalized and expert care using intuitive, user-driven, scientifically-validated technology. The service delivers a motivating blend of mental health philosophies and practices, drawing from cognitive behavioral therapy (CBT), mindfulness, and positive psychology.

Structured Programs

25+ programs created by a team of psychologists and researchers.



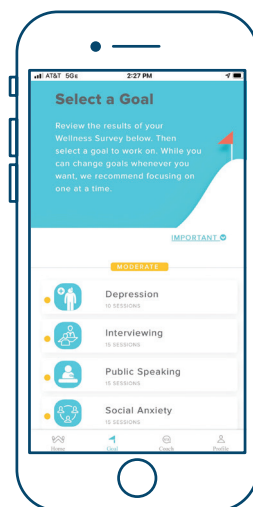
Engaging Content

500+ video and audio lessons covering CBT, mindfulness and positive psychology.



Track Progress

Monitor progress over time. Record stress, anxiety, depression levels.



Coach/Therapist

Text and audio chat with trained experts to coach and provide clinical care.



Assessment

Digital delivery of evidence-based assessments and reports.



Data Analytics

Tools for enterprise to monitor overall results of the program.



Convenient and secure access to useful support whenever and wherever members need it.



48%

Reduction in Anxiety Symptoms



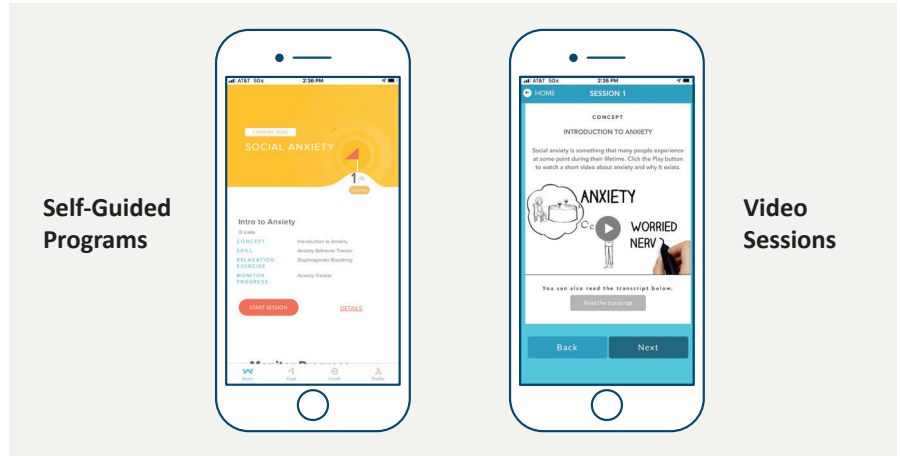
59%

Reduction in Depression Symptoms



82%

Improved Mental Health After Engagement



Assessments

- Identify struggles with anxiety, depression, anger, stress, relationship concerns, substance use, work engagement, and sleep issues.
- Comprehensive reporting on various problems related to work and life.
- Actionable recommendations to use various programs or goals.
- Referrals may include EAP, self-use programs within the app, or text-based coaching.

Self-Use Programs

- Based on Cognitive Behavioral Therapy (CBT), mindfulness, and positive psychology.
- Over 500 animated videos and audio pieces with interactive sessions.
- Science-based techniques to manage emotional problems, foster resilience and positive thinking, and practice mindfulness-based relaxation exercises.

Coaching Services

- Can be recommended for some participants based on their assessment results.
- Clinical experts support users via text and voice chat.
- The text chat is asynchronous and does not require scheduling in advance.

Bringing people together for over thirty years.

Join us as we work together to change the status quo by bridging technology and clinical expertise to engage more people with personalized interactions.



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