

# The Leading *Preventative* Mental Health Platform

journey



## Reduce Stress & Burnout

Across all Journey clients, employees reported a 20% reduction in stress



## Increased Resilience

In a Humana clinical study, participants in the Journey program missed 51% less work



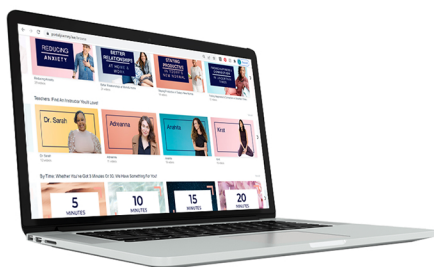
## Improve Culture & Engagement

At Morgan Stanley, 100% of employees reported improved mood



Rooted In live group learning, proactive health and culture shifting, Journey provides the most engaging, cost-effective way to reduce turnover, tackle burnout and help employees live happier, healthier lives.

Journey provides employees with tools, resources and support to navigate the challenges of work and life and shifts the culture to create an environment where employees feel safe and supported.



- Web & Mobile Apps
- Live & On-Demand Content
- Daily Journey Newsletter
- Private Weekly Workshops
- Custom Resources Page
- Management Training
- Personal Recommendations
- Daily Check-Ins & Monthly Assessments
- Quarterly Reporting
- Customized Engagement Campaigns
- Dedicated Support
- Reminders & Calendar Integrations

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