



A Better Approach to Mental Health & Wellness

Digital Wellness Apps

Lift, Turn, Fortify, and Climb: Our award-winning mobile and desktop tools are evidence-based healing and personal growth tools designed to help encourage and support those seeking deeper recovery and positive change. Whether they face mental health challenges, debilitating addictions, or are simply hungry for sustainable improvement, our digital wellness tools will help them find greater hope and happiness in their personal and professional lives.

LEARN



Digital Courses



SOS



Personalized Insights



Mindful Practices

CONNECT



Global Community



Real-Life Allies



Lifestyle Coaching



Teletherapy

TRACK



Daily Tracker



Personal Journal



Inventories



Awards



Lift

Depression & Anxiety



Turn

Substance Abuse



Fortify

Sexual Compulsivity



Climb

Personal Growth

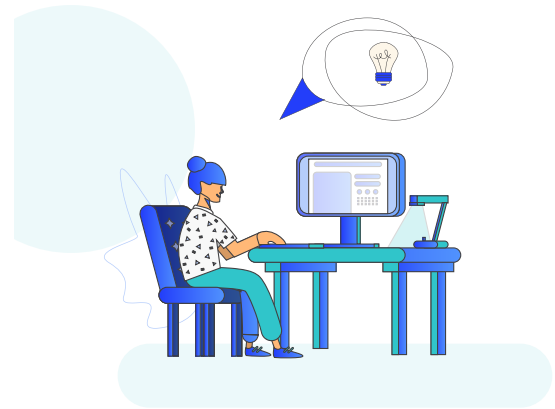
Lifestyle Coaching



Unlimited Messaging with Specialized Lifestyle Coaches

For those moments where your employees need someone to talk to, they will receive specific support in the areas they want to improve the most.

Teletherapy

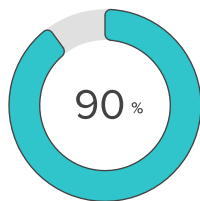


Unlimited Virtual Sessions with a Licensed Therapist

For those employees needing professional support. They can schedule an appointment without requiring them to talk to someone in HR. It's safe, secure, and personalized.

Measurable Impact

Proven Healing



Hundreds of thousands helped

Over 90% of our highly engaged users report our apps have significantly helped them move toward lasting improvement. We have helped hundreds of thousands of individuals in over 200 countries.

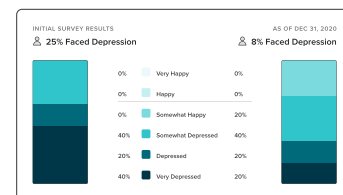
Saves You Money



Better Health and Work Performance

Mental health and substance abuse cost U.S. employers over \$300 billion each year, and over \$1 trillion globally. For every \$1 investment in mental health and wellness employers save an estimated \$6 in better health and work performance.

Visualize Impact



Track and Review Success Metrics

Track long-term health improvements of employees in an anonymous way that protects privacy. Our Impact Suite reports allow you to review aggregated success metrics and participation analytics that also help visualize a return on investment.