

Your Proactive Mental Health Program

journey
PROACTIVE EAP

Engage Every Employee, Every Day

Increase Your Engagement

10x

Journey reaches 10x the number of employees compared to average EAP

Reduce Your Medical Claims

43%

Clinical studies show mind-body training reduces healthcare utilization by 43%

Deliver Significant ROI

3-5x

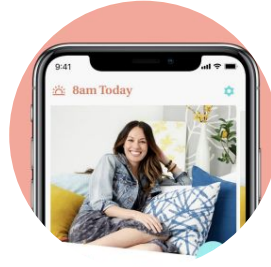
Journey delivers a 3-5x ROI based solely on reduction in healthcare costs



Rooted in Three Core Beliefs



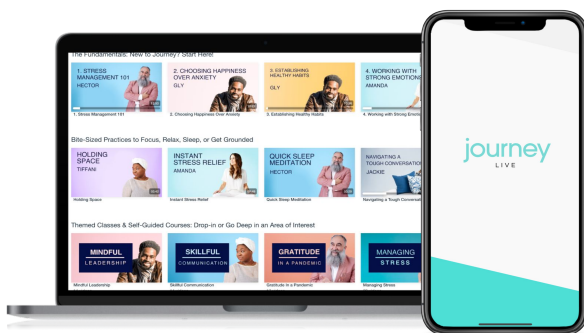
Engagement Must Be Inclusive of All Employees



Employees Need Proactive Tools That Meet Them Where They Are



Providing Benefits Is Just The Start - The Culture Must Support Mental Health



Journey Proactive EAP is a first-of-its-kind EAP, designed to proactively engage employees on a daily basis. We provide inclusive digital tools and personalized service to support employees and HR leaders when they need it most.

Walgreens

L'ORÉAL

Google

AMERICAN EXPRESS

Brooks Brothers

CANTOR Fitzgerald

MH Middlesex Health

Summit Health

HENRY SCHEIN

Blackstone

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Have questions? Get In Touch | www.journey.live | info@journey.live