Moderators & Participating Panel

Michael Thompson  
President & CEO  
National Alliance

Darcy Gruttadaro  
APA Foundation Center for  
Workplace Mental Health

Today’s Panel

- Eliane Boucher, Research Scientist, PhD, Happify Health
- Omar Dawood, MD, Chief Medical Officer, Calm
- Thomas Ferraro, Vice President, MetLife
- Karinn Glover, MD, Attending, Adult Outpatient Psychiatry at Montefiore Health System and Assistant Professor of Psychiatry and Behavioral Sciences, Albert Einstein College of Medicine
- Mary Romero Hart, Senior Manager, COE Benefits, Sandia National Labs
- Andrew Shatte, PhD, Chief Knowledge Officer and Co-Founder, meQuilibrium
- Karan Singh, Co-Founder & COO, Ginger
Pandemic Fatigue

- Spending extra time and energy dealing with the pandemic “lifestyle”
- Emotionally, psychologically, socially, spiritually tired and not motivated
- Isolation and loneliness
- Overwhelmed and smothered
- Lack of routine
- Opportunity cost
- Lacking a sense of optimism
Companies aren’t Prepared to Deal with Employee Burnout

- The number of employees suffering from burnout is climbing during the pandemic, due to added workloads, fewer in-person interactions and less breaks
- More than 60% of employees say they are burned out
- Less than 15% said their company had a plan in place to alleviate stress
- $125 billion in lost productivity and healthcare costs (Gallup)

25% of employees plan to quit their jobs post-pandemic – main reason- burnout

Source: Blind 2020 Survey – The State of Burnout
Mitigation Strategies for Pandemic Fatigue

- Check in with teams on a regular basis
- Outline manageable work expectations
- Encourage a productive work/life balance
- Trust employees to do the job
- Reevaluate personal expectations
- Create structure
- Self-care
- Seek professional help if needed
Questions?

Eliane Boucher, PhD
Happify Health

Omar Dawood, MD
Calm

Mary Romero Hart
Sandia National Labs

Thomas Ferraro
MetLife

Andrew Shatte, PhD
meQuilibrium

Karan Singh
Ginger

Karinn Glover, MD
Montefiore
Upcoming Town Hall & Webinars

Debunking Myths of Covid-19 Vaccines – Medical Director Advisory Council
**March 11** | noon-1 p.m. (EST)

Assessing a Plan’s Efforts to Address Health Inequities: The Role of NCQA’s Multicultural Healthcare Distinction Program
**March 18** | 2:00 p.m.- 3:00 p.m. (EST)

Mental Health Index – U.S. Worker Edition
**March 19** | noon-12:30 p.m. (EST)