

Mental Health Index

U.S. Worker Edition – May 2020 Update

Pandemic Continues to Impact the Mental Health of Working Americans



Louis Gagnon
CEO, Total Brain

Garen Staglin
Chairman and Co-Founder, One
Mind at Work

Michael Thompson
CEO, National Alliance



SPEAKERS



LOUIS GAGNON

CEO, Total Brain



GAREN STAGLIN

Chairman & Co-Founder, One Mind
at Work



MICHAEL THOMPSON

CEO, National Alliance



GINGER MILLER

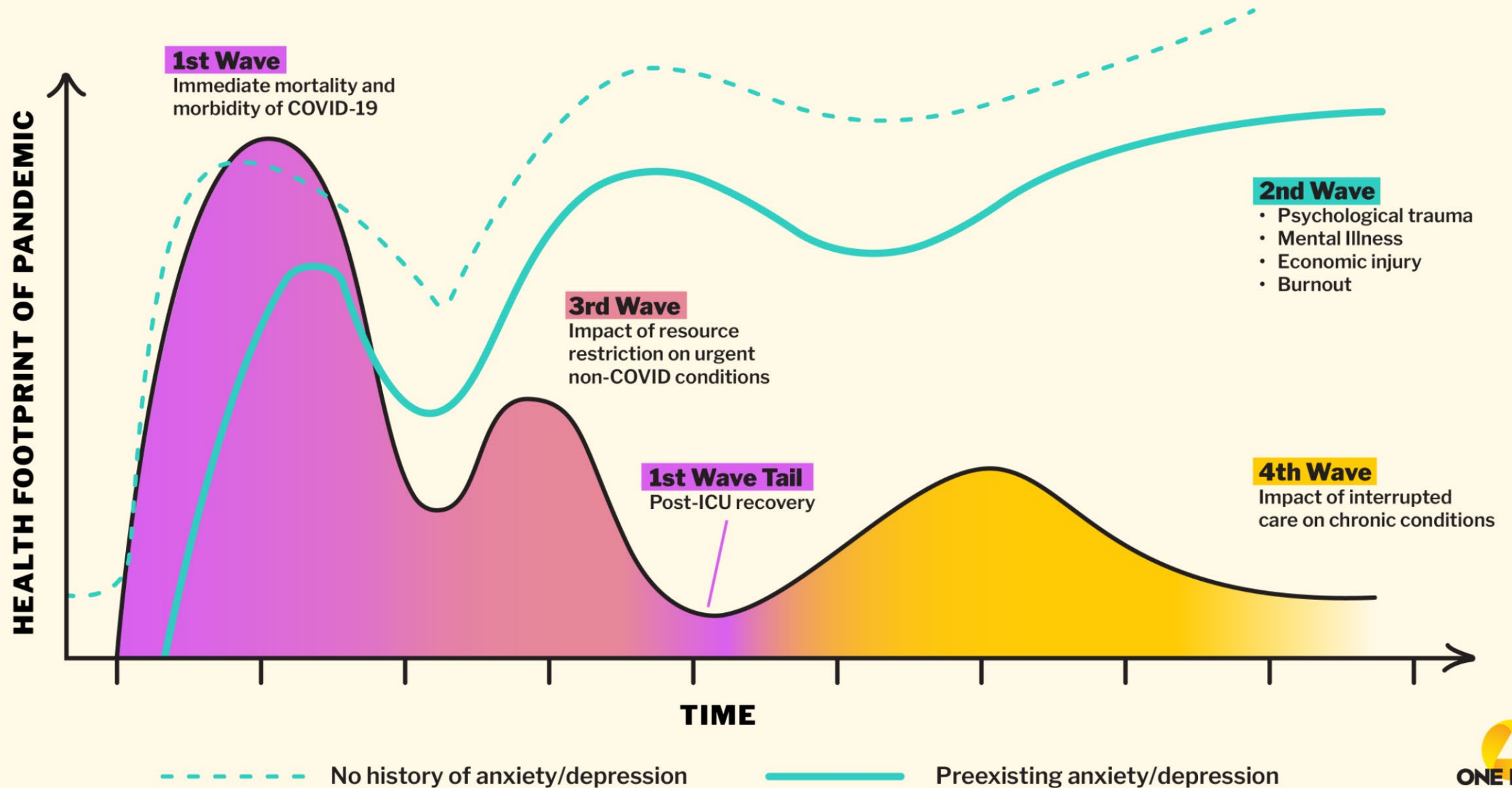
Health Promotion Manager,
Utz Quality Foods



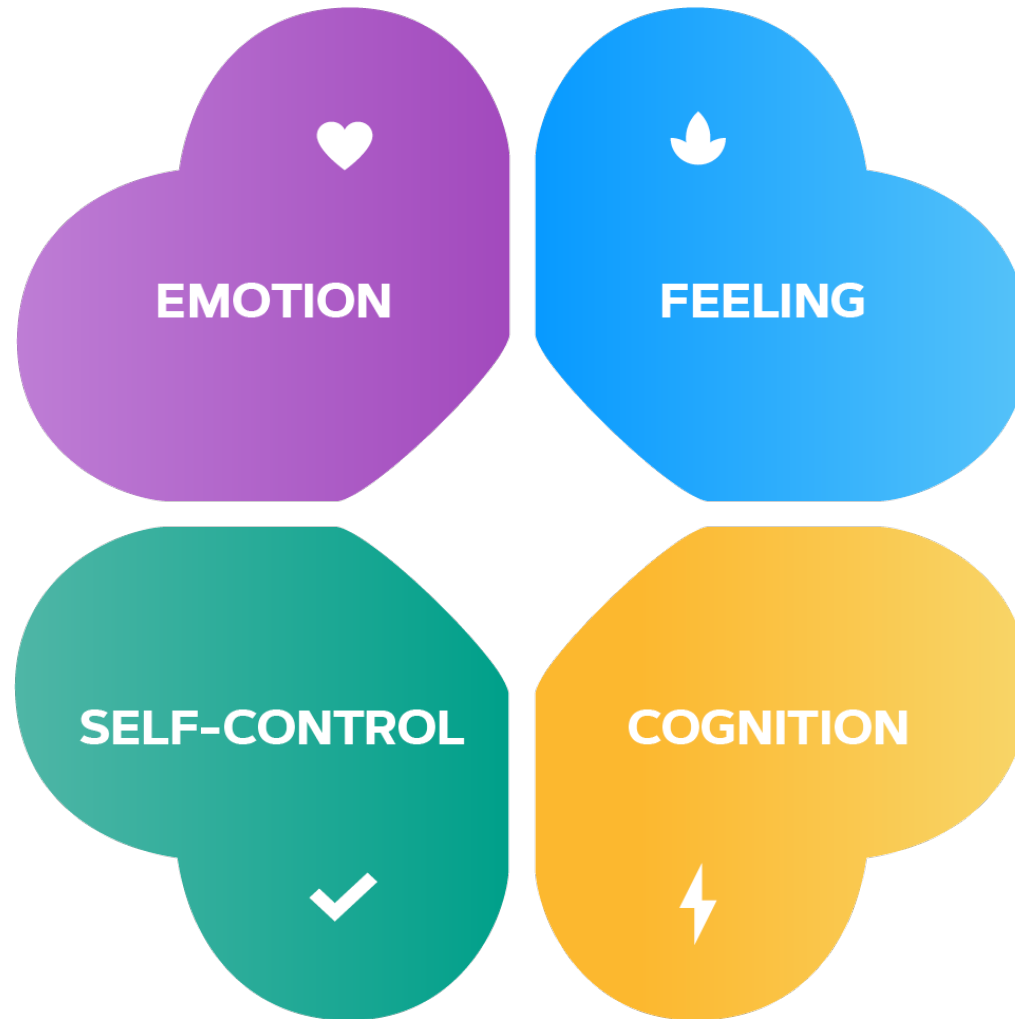
**KATY SCHNEIDER
RIDDICK**

Director Of Strategy And
Engagement,
One Mind At Work

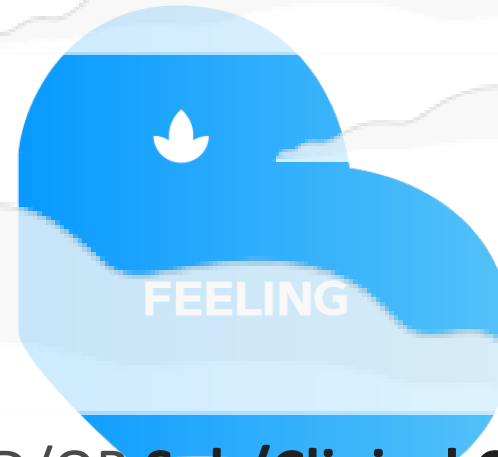
COVID-19 IMPACT TIMELINE



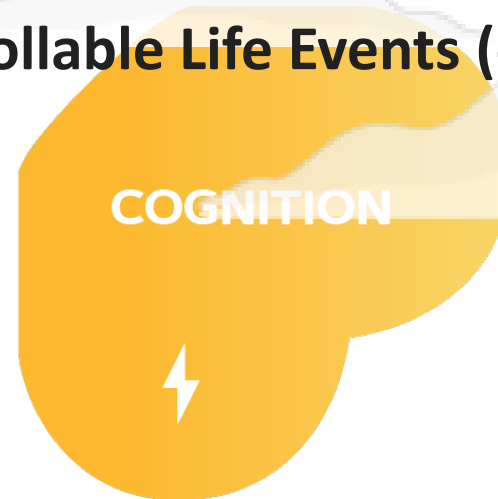
Mental Health = Brain Capacities



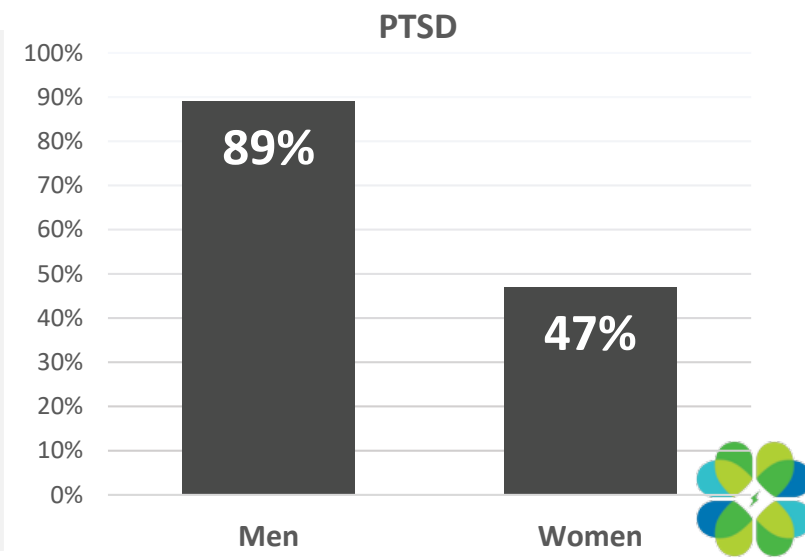
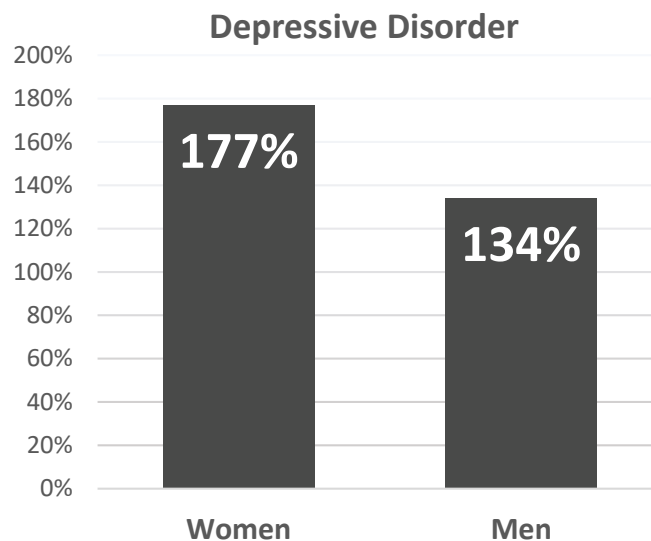
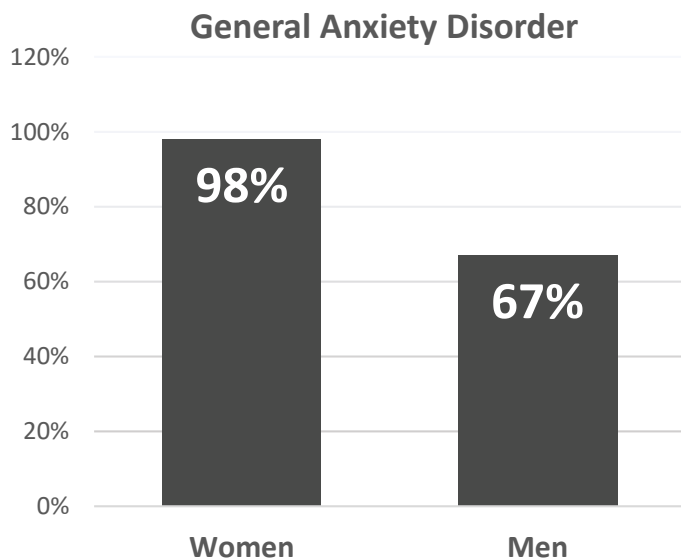
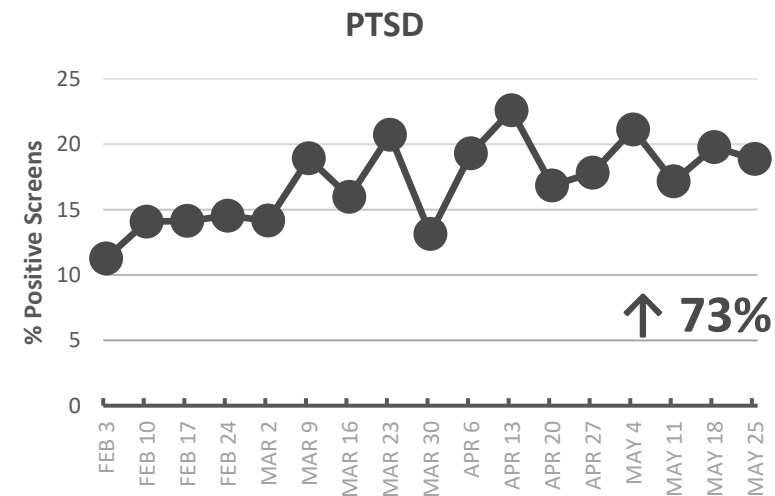
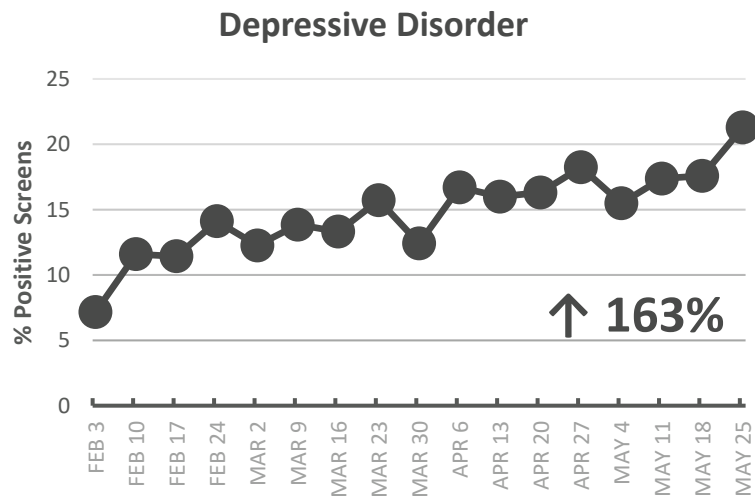
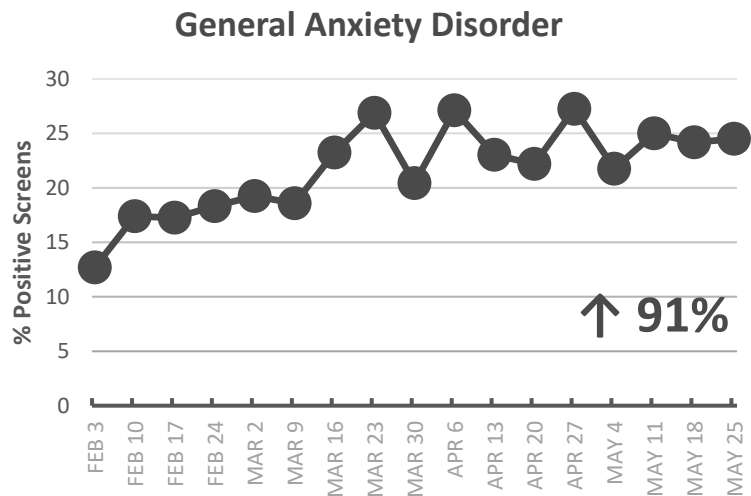
All Capacities Are Constantly Impaired



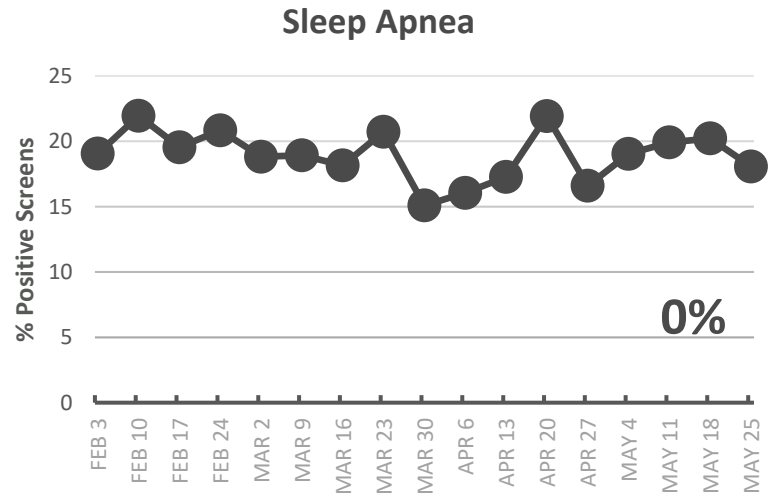
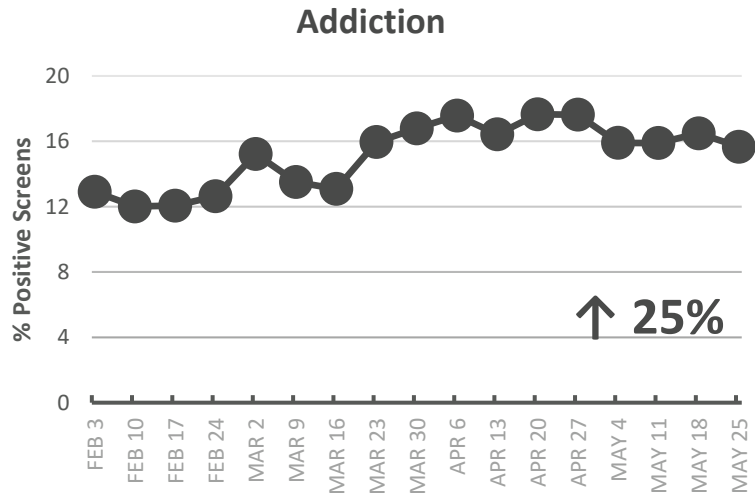
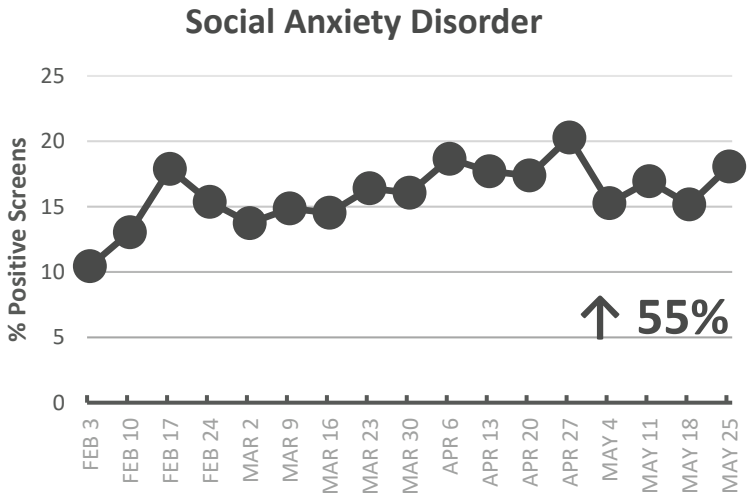
By **Fight-Flight Response** AND/OR **Sub/Clinical Conditions**
Themselves driven by **Uncontrollable Life Events** (e.g.: COVID)



Risk of Mental Conditions Since Feb 2020

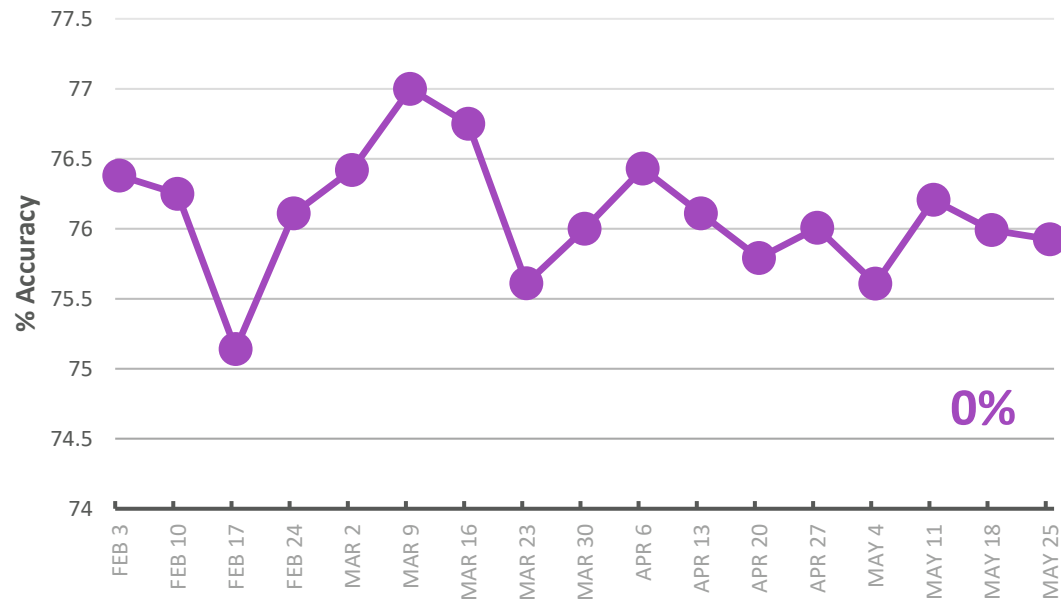


Risk of Mental Conditions Since Feb 2020



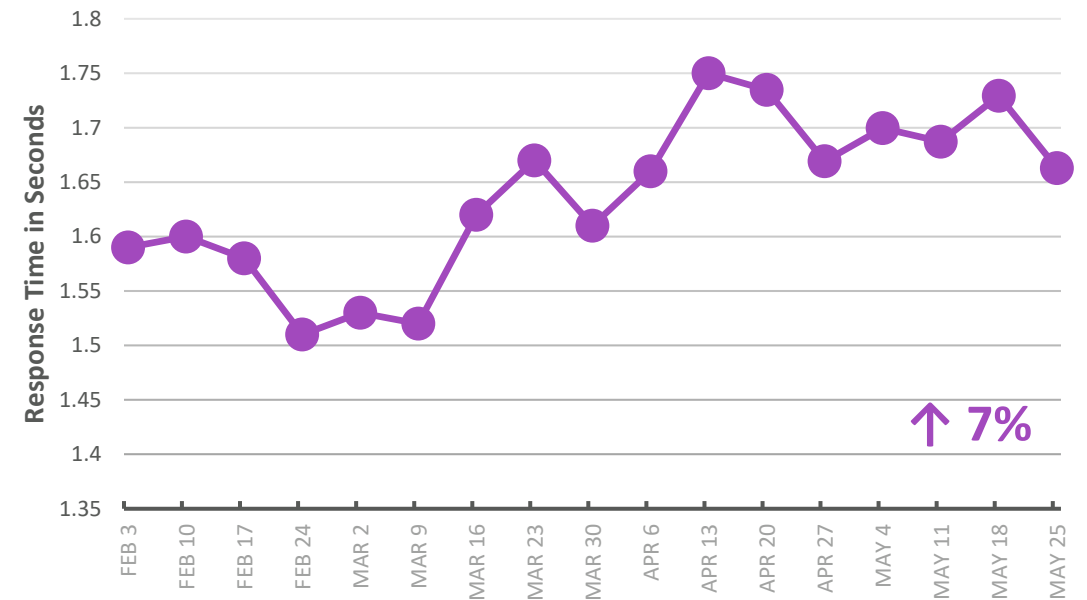
Emotional Capacities Since Feb 2020

Emotional Awareness



- How we read emotional cues in others
- Drives relationships and trust

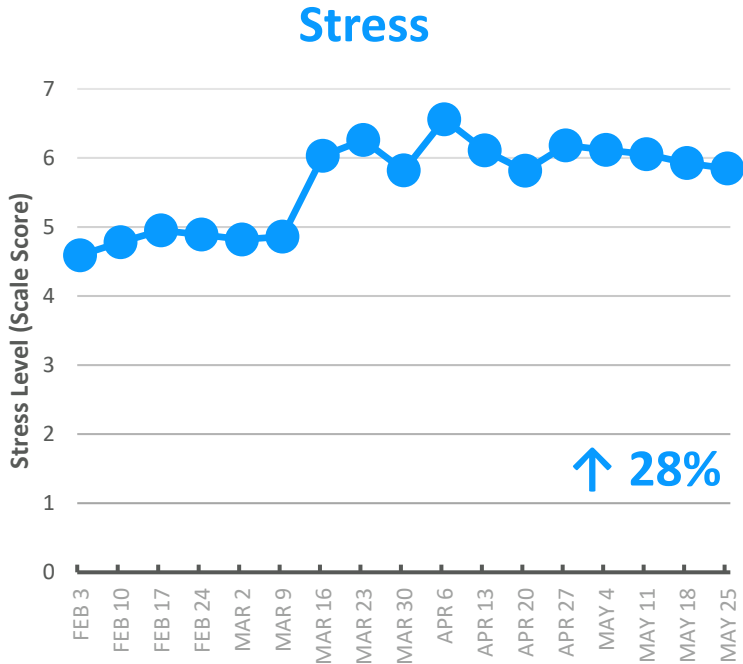
Non-Conscious Negativity Bias



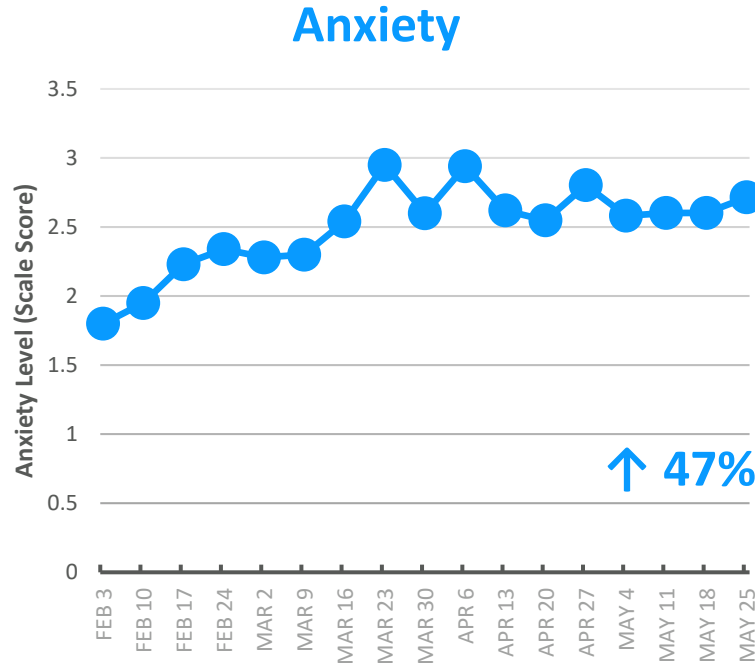
- How negatively biased we are given our past experiences
- Drives flexibility and creativity



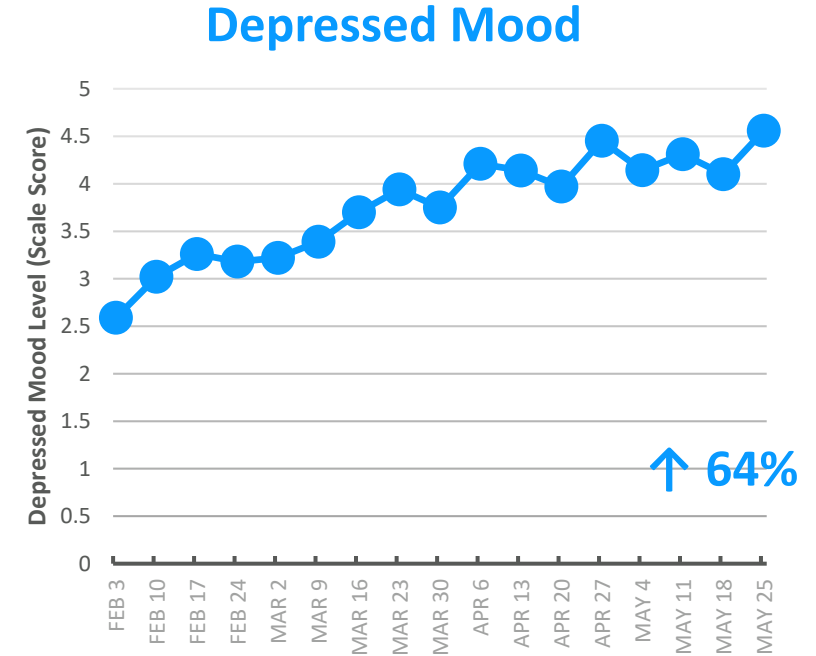
Feeling Control Capacities Since Feb 2020



- How much of a threat we perceive
- Drives performance... or burn-out



- How fearful we are vs. the future
- Drives our aversion to risk

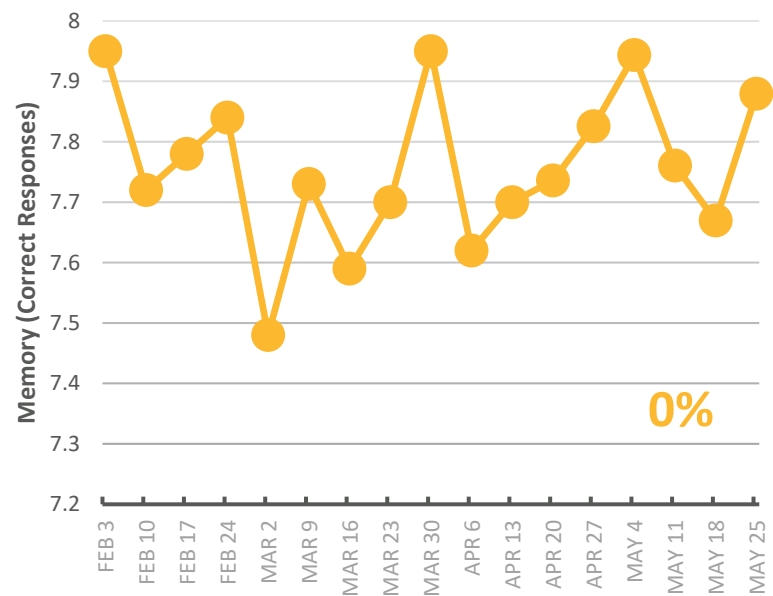


- How negative and hopeless we feel
- Drives our bias for action



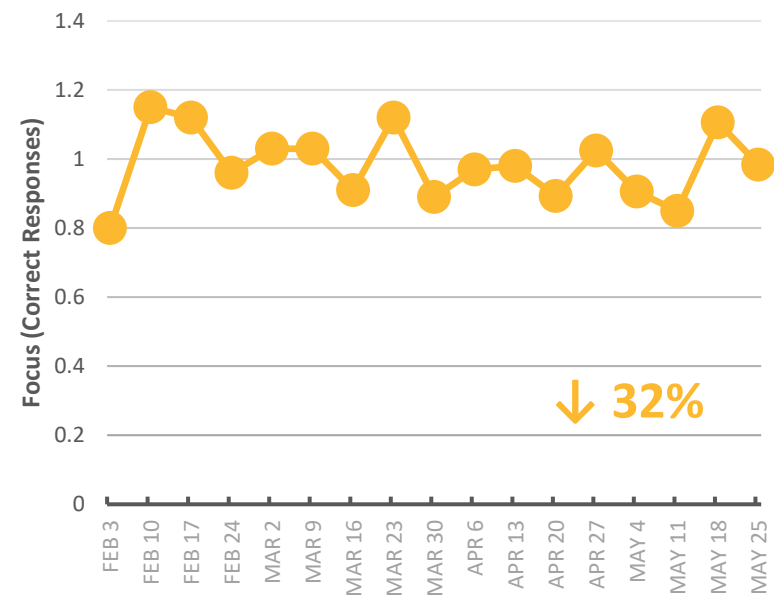
Cognitive Capacities Since Feb 2020

Memory



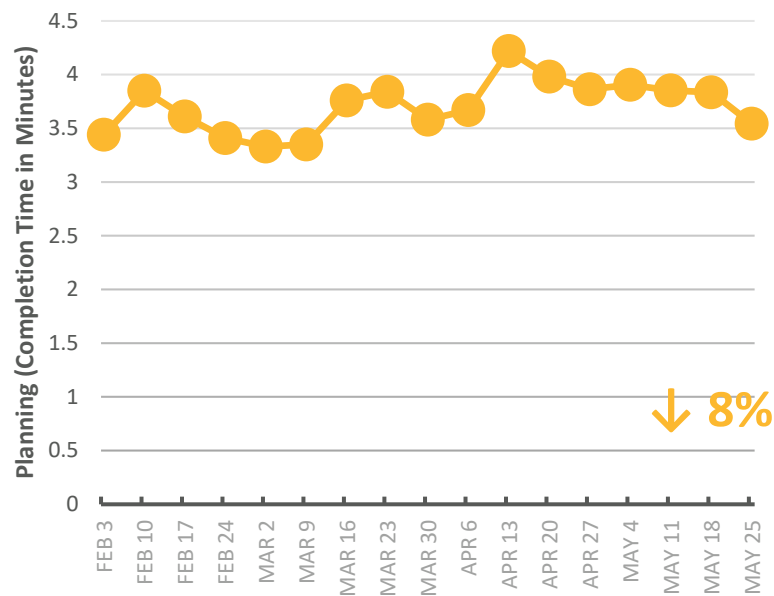
- How much we remember
- Drives thinking and non-conscious bias

Focus



- How much we complete tasks
- Drives task completion

Planning

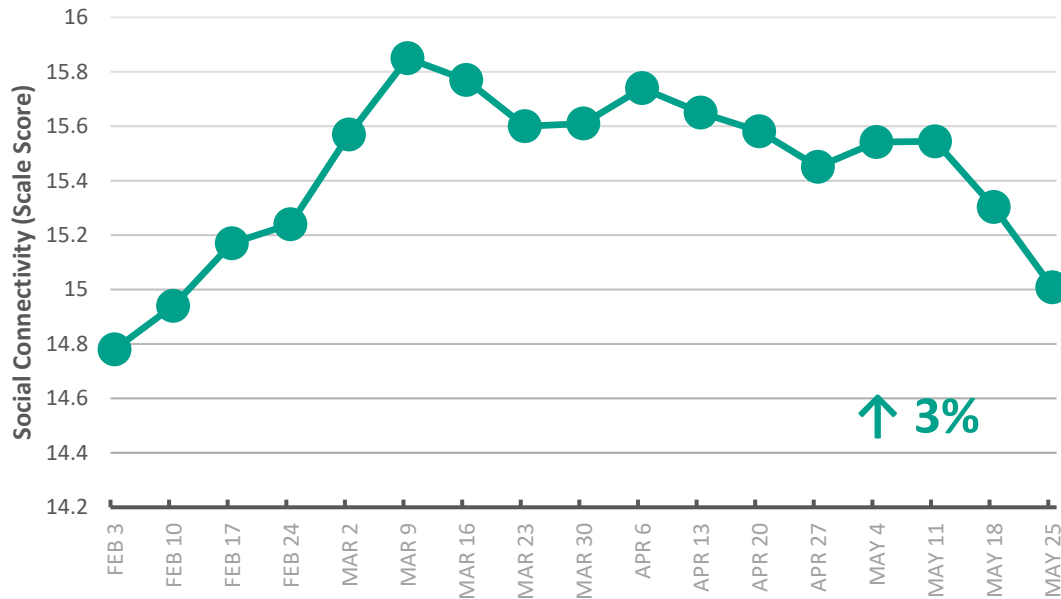


- How we make decisions
- Drives strategy



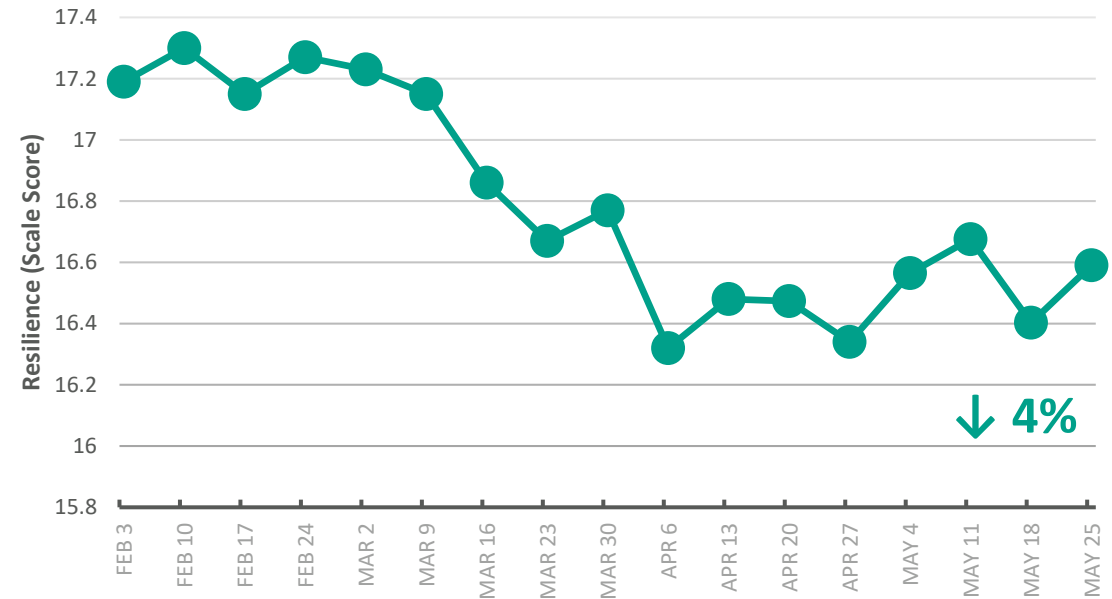
Self-Control Capacities Since Feb 2020

Social Connectivity



- How much we connect to others
- Drives collaboration

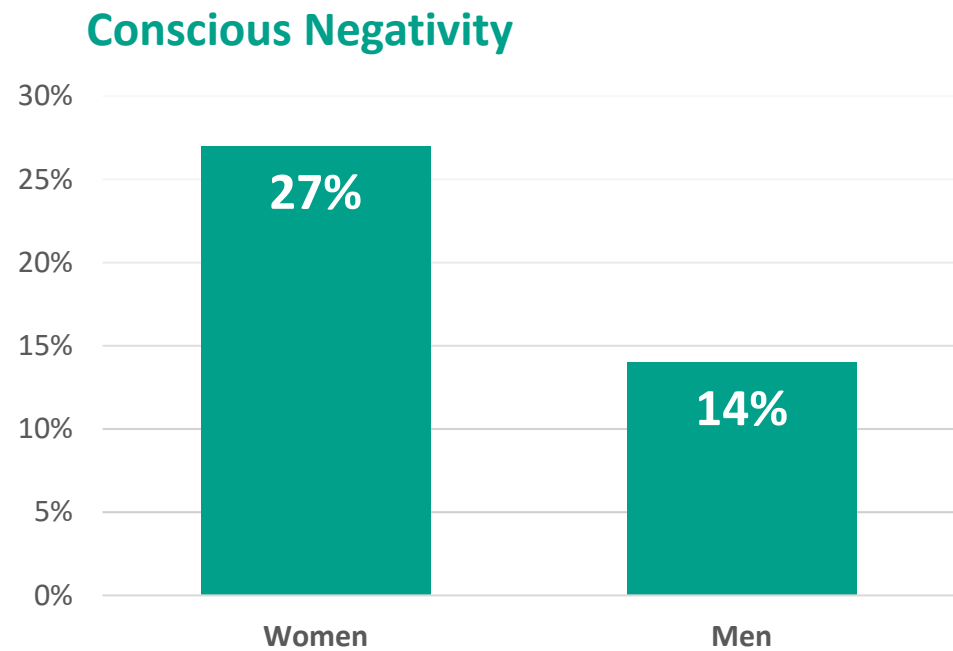
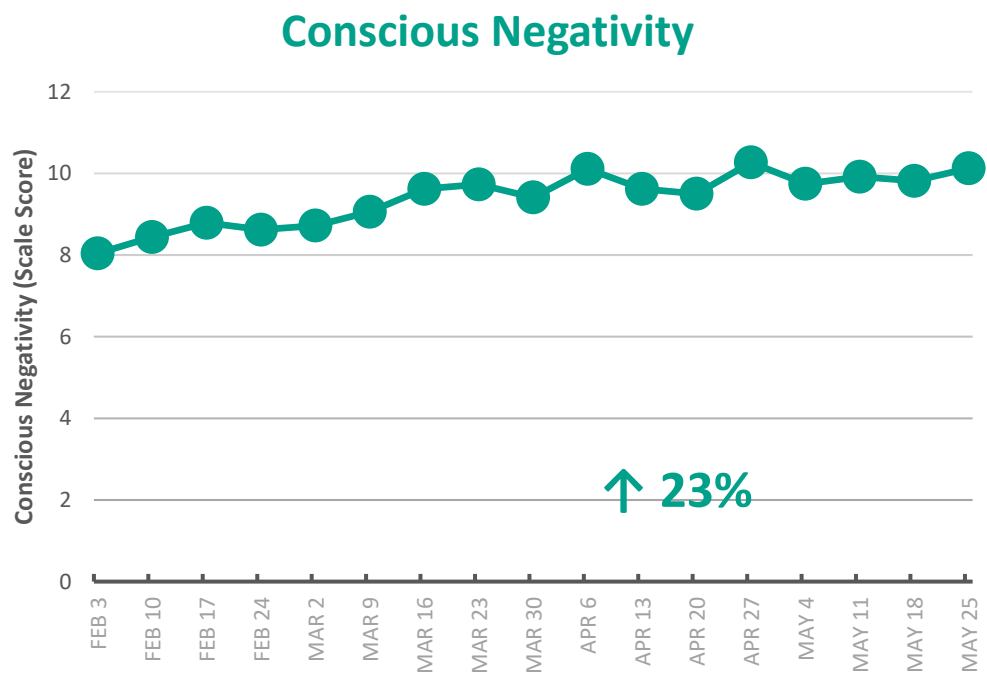
Resilience



- How much we bounce back from stress
- Drives business stamina



Self-Control Capacities Since Feb 2020

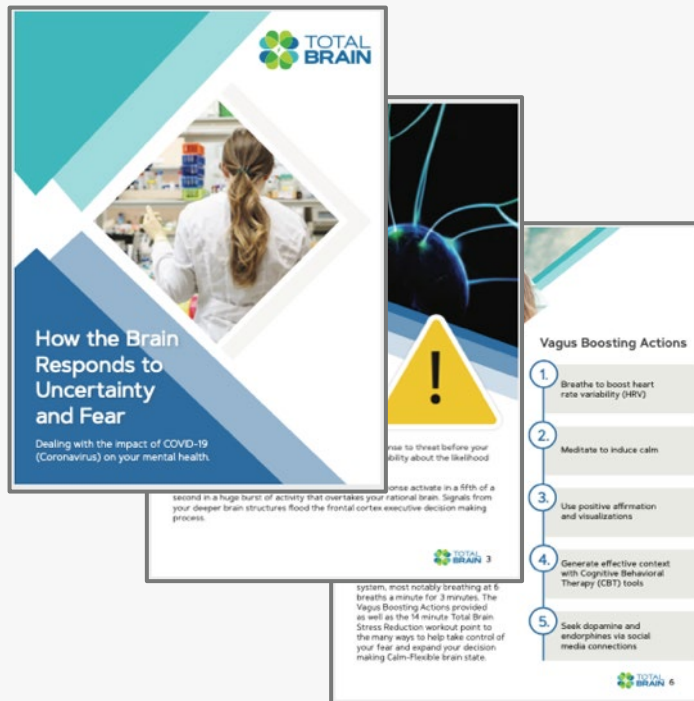


Free Support for Employees

1

Free Whitepaper:

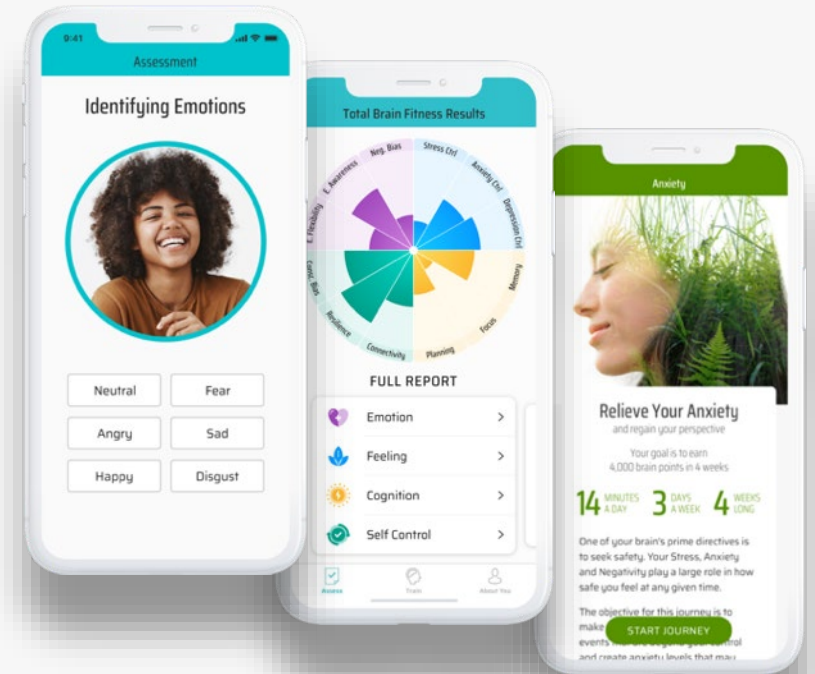
Available for free to help you and your employees understand how to mitigate the impact of COVID-19 on their mental health



2

Free 3-Month Corporate Subscription to Total Brain:

Offer your employees free access to the Total Brain platform, available on desktop or mobile, to help them during this difficult time



Visit: info.totalbrain.com/covid-19-corporate



Aggregate Workforce Analytics

VALUABLE DATA FOR EMPLOYERS



Workforce Analytics - 2021 Report

ASSESSED AND SCREENED EMPLOYEES

2020 | 13,412

2021 | 14,987

Brain Health	Company Percentile Ranking	Company Ranking QoQ	Company Ranking YoY	Corporate Benchmark*
EMOTIONAL				
Emotional Awareness	55	+3	-2	52
Emotional Flexibility	56	+1	+4	57
Non-Conscious Negativity	64	+5	+1	67
FEELING				
Stress Control	64	+6	-2	58
Anxiety Control	50	-1	-6	51
Depression Control	53	-2	-8	49
COGNITIVE				
Memory	57	-2	+3	59
Focus	65	+5	+2	60
Planning	56	+2	0	54
SELF CONTROL				
Social Connectivity	58	+4	+4	54
Resilience	65	+12	+2	42
Conscious Negativity	60	+10	+1	45
Risks of Mental Condition				
	Company-Wide Risk Prevalence	Company Prevalence QoQ	Company Prevalence YoY	Corporate Benchmark*
SUMMARY				
Risk of one mental condition	61%	-2	+3	60%
Risk of >1 mental condition	32%	+4	+2	34%
SCREENED MENTAL RISK PREVALENCE				
Depression	10%	+4	+3	9%
Anxiety	12%	-2	+2	14%
ADHD	15%	+1	0	23%
Addiction	14%	-2	-2	14%
PTSD	16%	+3	+4	13%
Social Phobia	16%	-1	-1	17%
Sleep Apnea	14%	+2	+2	12%

*Based on 2017/2018 blended average Total Brain Book of Business

Q & A

Disclaimer

This presentation is issued by Total Brain (ASX: TTB) (“Total Brain”, “the Company” or “we”) to you, is to be held confidentially by you and may not be shared by you with third parties. This presentation is general background information about the Company’s activities current as at the date of this presentation. The information is given in summary form and does not purport to be complete. This presentation is not an offer to sell, or any sale, of securities. Any offer and sale of securities would be done only pursuant to a written agreement between Total Brain and its investors.

Total Brain has made every effort to ensure that the information in this presentation is accurate. However, its accuracy, reliability or completeness cannot be assured. To the maximum extent permitted by law, we and our associates, respective officers, employees and agents, disclaim any liability for any error or omission or for any loss suffered as a result of others acting on the basis of the information contained in this document.

In particular this presentation includes forward looking statements (e.g. phrases with “will” “may”, “would”, “anticipate”, “expect” and other statements about future events, results or outcomes) regarding our belief, intent or expectations with respect to the Company’s businesses, market conditions and/or results of operations, and while our management believes reasonable assumptions have been made, the Company’s actual results may vary in a material and adverse manner, nothing herein is a guarantee of future performance and you are cautioned not to place undue reliance on such statements.

Except to the extent required by law, the Company has no intention to update or

revise forward-looking statements, or to publish prospective financial information in the future, regardless of whether new information, future events or any other factors affect the information contained in this presentation.

Any investment in the Company is subject to various risks, including but not limited to, our technology and science not meeting current expectations, intellectual property challenges, competition in the market, insufficient customer acquisition, legal and regulatory limitations in certain jurisdictions, privacy issues, among others.

Information in this presentation, including financial information, should not be considered as legal, financial or tax advice or a recommendation to investors or potential investors in relation to holding, purchasing or selling securities. Before acting on any information you should consider the appropriateness of the information having regard to these matters, any relevant offer document and in particular, you should seek your own independent financial, legal and tax advice.

