

COVID-19 Mental Health Fallout: How Digital Tools Can Help May 20 | 1:00 - 2:00PM

Supported by











Webinar Procedures



All lines will be muted



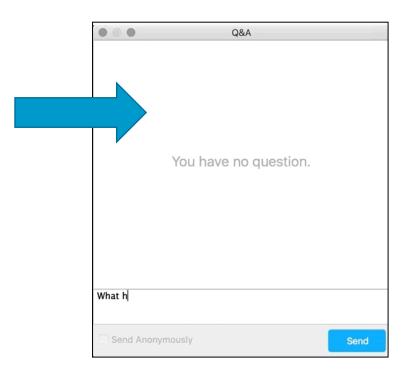
Please submit all questions using the "Q&A" dialog box



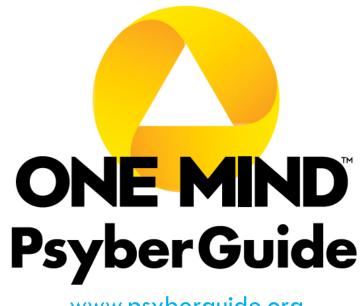
Email Diane Engel at dengel@nebgh.org with any issues during this webinar



The recording and a PDF of the slides will be shared













https://nebgh.org/initiative/





Stephen Schueller, PhD

Executive Director, One Mind PsyberGuide
Assistant Professor of Psychological Science, University of California Irvine
Adjunct Assistant Professor of Preventive Medicine, Northwestern University,
Feinberg School of Medicine



Martha Neary, MSc

Project Manager, One Mind PsyberGuide Research Associate in Psychological Science, University of California Irvine



Dr. Mark Cunningham-Hill

Medical Director
NEBGH

Polling question

- How concerned are you about the mental health of your employees as a result of COVID-19?
 - A. Not at all concerned
 - B. Slightly concerned
 - C. Somewhat concerned
 - D. Moderately concerned
 - E. Extremely concerned



COVID-19

Mental health issues arising from the COVID-19 crisis:

- Fear and anxiety
- Isolation
- Caregiving challenges
- Childcare
- Eldercare
- Financial concerns
- Miss-information and confusion
- Family or friend with the disease

In this time of physical distancing and reduced inperson contact, digital interventions will play a critical role in delivering care and support

COVID-19 has also rapidly accelerated the need for digital solutions for mental health.



One in five adults in the U.S. experiences some type of mental illness each year





The average delay between symptom onset and treatment is 11 years

The annual cost to the global economy from mental illness



In 2018, the average cost of an employee with depression was

\$16,613

Polling question

- 2. Has your organization implemented a digital mental health tool?
 - A. Yes more than 12 months ago
 - B. Yes within the last 12 months
 - C. No, but considering
 - D. No, not considering



Digital Mental Health Solutions



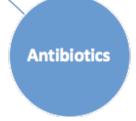




 A doctor may suggest using them, but many people use them without professional consultation



 Use when you have a short-term ailment for relief in the moment



- Use when you become unwell, for an extended amount of time, but not permanently
- Stop taking once you have recovered



Digital Mental Health Solutions

Can contain multiple active components, often:

Modular Didactic Interactive

Standalone Apps

Self-guided Apps

Apps used with guidance from a professional coach (may be in-app)

Guided Apps

Apps used in the context of traditional face-to-face treatment

Adjunctive Apps

Pros	Cons
 Extension of care Cost-effective Scalable Discreet and mobile Uses what people already have and use every day Real-time, real-world intervention Real-time data collection & tracking Promising outcomes 	 Technology changes rapidly Sustainability or "shelf life" Disengagement Privacy concerns Access issues Lack of regulation "High availability but low evidence base"

One of the biggest challenges:

Many platforms to choose from, few guidelines to help employers make their choice.

Purpose & Goal of the Guide

This guide aims to answer the following questions about digital mental health solutions:

- 1. What are they, and how can they help?
- 2. What tools are out there?
- 3. How do I choose the tool that's the best fit for my workplace?
- 4. How do I build my business case?
- 5. How do I implement a digital mental health tool in my workplace?



Methodology



- 1. We searched for mental health solutions being marketed to employers.
- 2. Information was collected through online marketing materials, a survey completed by vendor, demos, and follow-up calls.
- 3. Supporting research for the platforms was also reviewed; research studies that showed efficacy or effectiveness, published in a peer-reviewed journal.
- 4. Our review was completed in February 2020. Note that some programs may have more capabilities than those indicated in the table.



See page 23 of the accompanying brochure for a full description of all tools listed in this chart including company, URLs.			1	ARGET	CONDI	TION					10	TERVE	NTION			P	TYPE OF LATFOR		EPORT DRMAT	DATA	IN REPO	ORT		C INTEGR	ONNECT ATION	IVITY	soc	IAL	N	CH SUP ETHOD VAILABI	AND			COMPL	IANCE		RE	SEARCH	RATING
Tool Name (Greeny	Dopression	Amciety	opess	Shelp	Addiction	new coasy	Mental Wellness /	Physical Health / Well-Being	Symptom Tracking	Mindlelnes Meditation	Cognitive Behavioral Therapy (CBT)	Education	Interactive Tools	Coaching	Artifical Intelligence Al / Chatbel	Gisical Therapy	No.	Ordine Deshboard	Emailed Report	Engagement	Demographics	Differences	EAP	Meliness Program	Healthcare Provider	Referral Capability	Family	Social	E	Phone	On I	Collected Available 24/7	Identifiable Data	Dard Party Starting	E0	#ZCFR	Demostrating Effectiveness	Research Conducted In Employment Setting	+++ At least her experimental studies ++ At least one experimental research Study + Other research If black, no published data sawiisble
Ableto 1 (Abrillo, Inc. Ableto aims to help users improve symptoms of behavioral health conditions through personalized programs. The eatine platform connects trained throughout with users experiencing a variety of medical conditions.	•	•			•	ř.		•	•	•	•	•	•	•		•	•		•	•	•	•				•	•		•	•		•	•				•		+
Osyfight Big Health Duylight is a slight open with almoto help users dowlep at alegies for overcoming serry and arasing Frenchalted programs are dowleped based on each user's challenges and goals.	•	•	•			8	•		•	•	•	•	•		•	•	•		•	•	•	•	• (•		•	•	•	•		•		•			•			
Dayez Dayez Dayez, airea bi help usons improve thair quality of sloop and cape with slooping difficulties through conveniend programs.				•				•	•	•	•	•	•	•	•		•		•	•	•		•		•	•	•		•	•	•	•							
Dynamicare 1 Operations Health Dynamicare appoint users to reside and reduce their use of sholed, tobacco, and other substances.					•				•		•	•	•	•			•		•	•		•	•		•	•	•	•	•	•	•	-					•		()
enVitals 1 milities, inc. enVitals ules to high users and their care provides assers and track risk for common behavioral health conditions.	•	•	•				0	•	•							•	•		•	•	•	•	•		•	•	•		•							0			
Ginger Ginger Ginger aims to help users improve symploses of various meetal health conditions by connecting from to Forecost throughsts and diministe.	•	•	•				•		•	•	•	•	•	•	1		•		•	•		•	•	•	li e	•	•		•	•	•		•			8	•		(+)
Happily 1 legal), inc. Happily in a digital program that aims to help comes improve overall well-being and happiness flexochs when, duly interactive activities.	•	•				4	•	•	•	•	•	•	•		•				•	•	•	•	•		6	•	•	•	•				•			0	•	•	+++
Readspace for Work 1 Friedspace, bc. Headspace for Work, apports seem to improve various aspects of physical and swerind health by practicing markshoos meditalism.	•	•	•				•			•									•	•			,		ı:		•	•	•	-1	•						•	•	+++
Journey Meditation (Jaunny Meditation, Inc. Journey Meditation, aims to help users improve various suspects of physical and mental health by connecting them to a line meditation community.			•				•			•						3	•		•	•		•	• ();		•	•	•	•			•		•	•	•		++
Sopplifer I : Juyeller Inc. Dopplifer is a platform flut aims to help soons improve superprints of degression and analogic Dons are consocied with a live couch who gaides from though host unique programs.	•		•			5	•		•		•	•	•						•	•	•	•	,		Š	•	•		•	•	•					100			
loopages. I ADP Hostillifolds. Impages is a digital health cough flat airns to holp users preventifiedly case for their mortal health, doal with daily streams and build hidds.	•	•	•)	•		•		•	•	•	•	•	•			•		•	•	•	•	•		•	•	•	•	•	•			•	•					
JaingEury Selfriquition JaingEury Selfriquition JaingEury is a platform that aims to holps employees change the any they read to stress and improve entillerine, troughts deline such as who sendine, intensible took and promond coaching.	ĺ					1 1	•	•	•		•	•	•	•	•					•		•	•				•		•	•						•			
yes I tyra Holft, Inc. yes alm in help user improve values specin of their mental health through personalized programs into connect them with biomed throughts and division.	•		•		•						•	0	•			•	•	E	•	•	•	•	•				•		•	•	•								
nedialibrium I Nov Ule Salaina, lac. nedialibrium in a platismo that supports users, bireprox cutouses in steins management, erduction, londin val entherny through adulted accomments and presentated names.	ı		•			1	•		•		•	•	•							•	•	•		•	i i		•	•	•	3	•					10	•	•	+

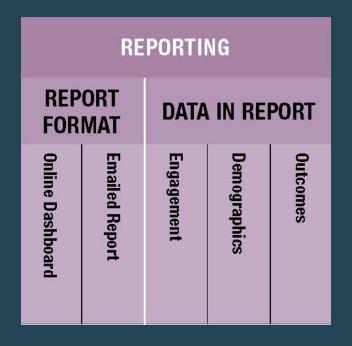
Privacy policy states if users can have their data removed on request

^{**} Privacy policy states that personal information will not be sold, rented or shared to third parties

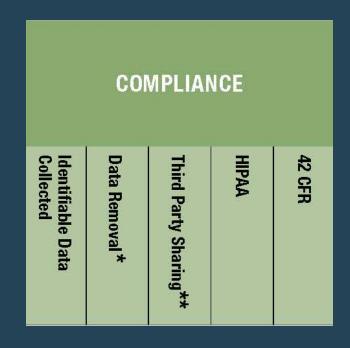
1		-		- 00					١											YPE (OF			REP	ORTII	۱G				COI	INEC	TIVIT	Y				TECH	SUP	PORT					10110				rece		DATING
		1A	KGE	1 60	NDITI	JN						117	ITERV	ENII	UN				PL	ATFO	ORM		PORT RMAT		DATA	IN RI	EPORT		INT	EGRAT	TION			SOC	IAL		METI					i.	JAINE	IANC			В	ESEA	нсн	RATING
Depression	Anxiety	Stress	dance	Claim	Substance Use/ Addiction	10000	Mental Wellness /	Physical Health / Well-Being	Symptom Tracking	Mindfulnes Meditation	feran	Cognitive Behavioral	Education	Interactive Tools	Coacing	AL A CHIGHNA	Artifical Intelligence	Clinical Therapy	Mobile		Web	Online Dashboard	Emailed Report		Engagement	Demographics	Outcomes	EAP	Other Tools	Wellness Program	Healthcare Provider	neieral capability		Family	Social	Email	Phone		Chat	Available 24/7	Identifiable Data Collected	Data Removal*	inira rany anamag		HIPAA	42 CFR	Demonstrating Effectiveness	(Sec.)	Research Conducted In Employment Setting	 + + At least two experimental studies + + At least one experimental research study + Other research If blank, no published data available



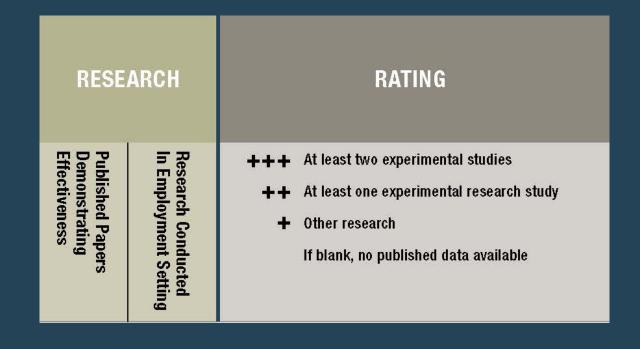
TARGET CONDITION	INTERVENTION	TYPE OF		EPORTING			CONN	ECTIVI	TY			ECH SU				CON	1PLIAN	CE	İ	RESI	EARCH	RATING
		PLAIFURM	REPORT FORMAT	DATA IN REPORT		INT	EGRATIO	N	S	OCIAL		METHO										
Physical Health / Well-Being Montal Wellness / Well-Being Substance Use/ Addiction Sleep Stress Anxiety Depression	Clinical Therapy Artifical Intelligence Al / Chathot Coaching Interactive Tools Education Cognitive Behavioral Therapy (CST) Mindfulnes Meditation Symptom Tracking	Web Mobile	Emailed Report Online Dashboard	Outcomes Demographics Engagement	EAP	Other Tools	Wellness Program	Healthcare Provider	Family Referral Capability	Social	Email	Phone	Chat	Available 24/7	Identifiable Data Collected	Data Removal *	Third Party Sharing**	HIPAA	42 CFR	Published Papers Demonstrating Effectiveness	Research Conducted In Employment Setting	+++ At least two experimental studies ++ At least one experimental research study + Other research If blank, no published data available



TARGET CONDITION INTERVENTION	TYPE OF PLATFORM	REP		PORTING				CONN	ECTIV	ITY I				CH SUF				CON	//PLIAN	ICE		RESI	EARCH	RATING
	PLATFORM	FOR		DATA IN RE	PORT		INT	GRATIC	N		SOCI	AL		VAILAB										
Artifical Intelligence Al / Chathot Coaching Interactive Tools Education Cognitive Behavioral Therapy (CBT) Mindfulnes Meditation Symptom Tracking Physical Health / Well-Being Well-Being Medital Wellness / Well-Being Stress Stress Stress Stress Stress	Mobile Mobile	Online Dashboard	Emailed Report	Demographics Engagement	Outcomes	EAP	Other Tools	Wellness Program	Healthcare Provider	Referral Capability	Family	Social	Email	Phone	Chat	Available 24/7	Identifiable Data Collected	Data Removal *	Third Party Sharing***	HIPAA	42 CFR	Published Papers Demonstrating	Research Conducted In Employment Setting	+++ At least two experimental studies ++ At least one experimental research study + Other research If blank, no published data available



TIRET COURTS	TYPE OF	R	EPORTING			CONN	NECTI	VITY			Ü	CH SU	PPORT			000		VOT:		Dro	FAROU	DATING
TARGET CONDITION INTERVENTION	PLATFORM	REPORT FORMAT	DATA IN REPORT		INTE	GRATIC	ON		SOCI	AL		NETHOE	O AND BILITY			GO	MPLIAN	NGE		RES	EARCH	RATING
Clinical Therapy Arcifical Intelligence Al / Chatbot Coaching Interactive Tools Education Cognitive Behavioral Therapy (CBT) Mindfalnes Meditation Symptom Tracking Physical Health / Well-Being Substance Use/ Addiction Substance Use/ Addiction Siress Stress Stress Stress Stress	Web Mobile	Emailed Report Online Dashboard	Outcomes Demographics Engagement	EAP	Other Tools	Wellness Program	Healthcare Provider	Referral Capability	Family	Social	Email	Phone	Chat	Available 24/7	Identifiable Data Collected	Data Removal*	Third Party Sharing**	HIPAA	42 CFR	Published Papers Demonstrating Effectiveness	Research Conducted In Employment Setting	+++ At least two experimental studies ++ At least one experimental research study + Other research If blank, no published data available

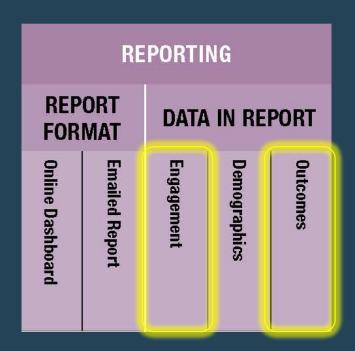


1					iowan.	TOW.							nuci					TY	PE OF		RE	PORTI	NG				CON	INECTI	VITY			Į	ECH SI	JPPORT			00	W501741	No.		DE			DATING
			IAR	IGET C	ONDIT	IUN						INTE	HVE	NOITN				PLA	TFORM	RE FO	PORT	DATA	A IN RE	PORT		INT	EGRAT	ION		S00	CIAL			D AND BILITY			U	MPLIAI	NGE		HE	EARCI	1	RATING
	Decression	Anxiety	Stress	Sleep	Addiction	Substance Ilea/	Mental Wellness /	Physical Health / Well-Being	Symptom Tracking	Mindfulnes Meditation	Therapy (CBT)	Enucation		Interactive Tools	Coaching	Artifical Intelligence Al / Chatbot	Clinical Therapy	Mobile	Web	Online Dashboard	Emailed Report	Engagement	Demographics	Outcomes	EAP	Other Tools	Wellness Program	Healthcare Provider	Referral Capability	Family	Social	Email	Phone	Chat	Available 24/7	Identifiable Data Collected	Data Removal *	Third Party Sharing**	HIPAA	42 CFR	Published Papers Demonstrating Effectiveness	Employment Se	Research Conducted	+++ At least two experimental studies ++ At least one experimental research study + Other research If blank, no published data available

		TAR	GET CO	ONDITIO	N	
Depression	Anxiety	Stress	Sleep	Substance Use/ Addiction	Mental Wellness / Well-Being	Physical Health / Well-Being

See page 25 of the accompanying brochuse for a full description of all book listed in			200		207000000	V. C.				A TOTAL SECTION	NO MENOS				PE OF		REPO	ORTING			9	CONNEC	TIVITY			TE.	CU SUPP	PONT		700		meer		University	A3000	
this chart including company URLs.			TA	RGET CI	ONTHUM					INTER	IVENTION				TFORM	REPOR FORMA	AT (DATA IN	REPORT		INTEG	RATION		S00	TAL	M	ETHOO A	UTY								RATING
Ted Name I Group	Depression	Assiste	2011	Sleep	Substance that Addiction	Maria Mahasa / Making	Papered Buston / Bull Buston	Spapers Seating	Hartiters Meditalise	Education Cognitive Educatoral	Interestive Seals	I	Artificial Intelligence At Chadhal	Make Margar	NA	Date Decisions	Enabled Report	Desagraptico Department	Guomen	£	Deer lasts	Halbare Provider	Referral Capability	Ī	Social	E	7 1	Chair Chair	Collected State	Data Summerd*	Died Party Sharing**	HER	e can	Published Papers Demonstrating Effectivement	Research Conducted to Englisyment Setting	+++ If treat has experimental dealers ++ If treat one experimental executed shelly + Other innequals If blook as published data association
Abber 1 Absticht. Abber also beig semingsvergegken of belased heith confibers through provinced progress. The relating determinents belief through social speciety a vertex of modula confibers.	•	•	•	•	•		•	•			•			•	•		•		•		•		•	•		•	•		•	•	•	•	•	•		+
Buylight 1 littprinch: Chylight is udgibl program that down holidy coast-dowley changes for over using young and model, Proceedings program and dendpred based on each sour's challenges and goals.	•	•	•			٠		•	•	•	•		•	•	•		•	• •		•	•	• •		•	•	•	•	•	•	•	•	•	•			
Organ 1 (high: Degra den holdy non-ingrove fele quilty of step and cope with droping difficultien transpr personalized programs				•			•	•	•	•	•	•	•	•	•		•	• •			•	• •	•	•		•		•	•	•	•	•				
Symmicry Dynamicrisols Symmicry appair continued in section find used dishid black, and distributions.					•			•			•	•		٠			•	•	•	•		•		•	•	•		•	•	•	•	•	•	•		+
colfide: I midde, but setflete size to help next setflete comproving atoms and but told by common behavioral field one-filese.	•	•	•	•	•	•	•	•		•			3	•	•	•	•			•	•	• •	•	•		•						•				
Corgon 1 Grayor Ginger since to less coers improve apparation of various receiled bodits considered by connecting their in Sommel the region and citizations.	•	•	•	•	•	•		•		•		•					•	•	•	•		•	•	•		•		•	•	•	•	•		•		+
Reportly 1 Highest, the Reportly in a digital program that series high uses imprint world and being and temperatures Brough and, daily informative actions.	•	•	•	•		٠	•	•					•	•		•	•			•		•	•	•	•	•			•	•	•	•		•	•	+++
Readques for West 1 (Numbers Inc.) Newleaves for West Inguistic cores to impose serious sepects of physical and swealer holds by predicing careful areas conditions.	•	•	•			•			•					٠	•		•	•				•		•	•	•	•							•	•	+++
James Medicales 1 James Melhalia, to: James Medicales, and to beliance leave raises upon to diphysical and model health by connecting them to a few medicales comments.			•						•					•			•	•	•	•	•	•		•	•	•	•	•	•			•	•	•		++
Japake 1. Jupike, bu. Japake in platform that alone in help cover propose symptoms of department at using Diversion over covered with a loss such that gallon Sever Brough Bels strippe progress.	•	•	•			•		•			•	•		•	•		•	• •	•		•	•	•	•		•		•	•	•	•	•		•		+
Jegage 5 (APP) test districts Jegages is a digital testification that along to halp steas provided by case to their receilability, dual ordered you make and faulth date.	•	•	•		•	•		•	•	•	•	•	,				•	• •		•	•		•	•	•	•	•		•		•	•	•			
CAMAGEARY 1 Settingtoines CAMAGEARY is a settlemen that aims to help recoloure change for may fine much in class and dispose recoloures, through activities and as also sensions, behavior help and provined concluding			•		•	•	•	•				•	•	•	•	•		•	•	•	•			•		•	•			•	•	•	•			
Lyes I has held to be lyes sink held as an improve value aspect, of the mortal helds for eigh preventived programs that created their will his result foreignts and chickles.	•	•	•	•	•	•		•	•		•	•		•	•		•	• •		•	•	• •		•		•	•	ve		•	•	•				
mediationer 1 first (in Solders, tre: mediatiblems in a platform that appels were to improve according to stone management, production, health and well-depth or obtained supercoverts and processition to series.			•			٠		•	•		•			•	•		•		•			•		•	•	•	•	•		•	•	•		•	•	+

TARGET CONDITION		YPE OF	RE	PORTING			CONN	IECTIV	ITY			TECH SU	IPPORT			CON	/PLIAN	CE		RESI	EARCH	RATING
INITE OF STREET	PLATI	ATFORM	REPORT FORMAT	DATA IN REPORT		INT	EGRATIC	ON		SOCIAL		METHO										
Physical Health / Well-Being Montal Wellness / Well-Being Substance Use/ Addiction Sleep Stress Stress Depression	Mobile Clinical Therapy Artifical Intelligence Al / Chathot Coaching Interactive Tools Education Cognitive Behavioral Therapy (CBT) Mindfulnes Meditation Symptom Tracking	WeD	Emailed Report Online Dashboard	Outcomes Demographics Engagement	EAP	Other Tools	Wellness Program	Healthcare Provider	Referral Capability	Social	Email	Phone	Chat	Available 24/7	Identifiable Data Collected	Data Removal*	Third Party Sharing**	HIPAA	42 OFR	Published Papers Demonstrating Effectiveness	Research Conducted In Employment Setting	+++ At least two experimental studies ++ At least one experimental research study + Other research If blank, no published data available



					_					-									*			_				9										_	
See page 33 of the accompanying brackure for a full description of all taols listed in this chart including company URLs.			TAR	GET CO	MOTTO	N)				INTER	VENTION			TYP	E OF FORM	REPORT FORMAT		ING TA IN RE	ORT		INTEGR	ATION	VITY	SOCI	AL	ME	HOO AN	0		co	MPLLAN	CE	8	RESEA	RCH	RATING	
Ted Bate Greaty	Digerration	faciety	Ĭ	1	Substance that Addiction	Marial Reflects / Red Soley	Payand Suess /	Spepton Stating	Thorage (CST) Machiner Meditalism	Education Cognitive Educatoral	Intervalles Teals	Coasting	Artificad Intelligences	Rest	75-6	Date Decklared	Editoring	Denographics	Gatomers	E	Bidden Frague	Realboars Provider	Referral Capability	Ī	ž.		O _M	Acediable 247	Collected Date Collected	Date Summered.*	Bird Party Sharing**	TABLE	City Charles	Published Papers Demonstrating	Research Conducted to Employment Setting	+++ Al heat for experimental states ++ Al heat one experimental expects shall + Other research	e.
Abben 1 Abolic, Nr.	П																																				
Abble aims to belt users improve gentions of behaved health confirms through presentional progress. The ordine publican corrects basined hangato with perturbating a weight of mobile confilence.	•	•	•	•	•		•	•	•	•	•	•	•	9	•	•	•	٠	•	•	•	•	•	•	9	•			•	•	•	• (•	•		+	
Deplight Ethylineth	н																									+											
Supplies is a digital program that area to help used storage stangers for oversioning using and anality. Proceedings programs are denoticed based on each south stakings, and pask.	•	•	•			•		•	•	•	•		•	۰	•	•		۰	•	•		•	•	•	•		•		•	•	•	•	•				
Degas I Degas	П																																				
Dayse along to help over improve their quality of shorp and cope with shorping difficulties the augs permunikant programs				•			•	•	•	•	•	•	•	•	•	•	•	•		•	•	•	•	•			•		•	•	•	•					
Symmicary I Symmical fields Dynamicary is symmical to confir and refer that use of all this below, and other substrace.					•			•	1		•	•		•		•			•	•		•	•	•					•	•	•		•	•		+	
enWhile I mWhit, bu:																																					
weWalls alons to help asers and held over providers above and took hids for communite families' health conditions	•	•	•	•	•	•	•	•		•			•		•	• •	•	•	•	•	•	•	•	•		•						•					
Geger I Great																																					
Singer size to kep core improve symptotic of values merial health conditions by connecting their to interest the spoks and distribute.	•	•	•	•	•	•		•	•	•	•	•	E	•		•	•		•	•	•		•	•			•		•	•	•	•	2	•		+	
Reguly 1 Hardy ht																																					
Reguly is a digital program that area in help undo inquien world and being and texpenses frough about, daily informative activities.	•	•	•	•		•	•	•	•	•	•		•	•	•	• •	•	•	•	•	•	13	•	•	•				•	•	•	•	- 1	•	•	+++	
Readquor for Work Designer, Inc.																																					
Newlopes for Work supports come to improve serious suprots of physical and montal health by participal middlebus conditions.	•	•	•	•		•			•					•	•	•	•				•			•	•	2	•	•	•	•				•	•	+++	
Jenney Meditales I Jurney Melitalins, Inc. Jenney Meditaline alons to taly sent large on union ago its of physical and model health by sentending them is a few modelaker commands.			•						•					٠		•			•					•	•			•	•	•		•	•	•		++	
Jepakin I Aryalia Inc.	-																																				
Jopales in a plottern fluid aire to bely more improve synchron of departure and access. Dues an inspected with a loss could after good to five directly that surper progress.	•	•	•			•		•	8	•	•	•		•	•	•	•	•	•	•	•		•	•			•		•	•	•	•	10	•		+	
Jopages S ACAT Invitabilists																																					
Japages is a digital health countries are to help uses proved their can be their countries with deal with dely demons and build helps.	•	•	•		•	•		•	•	•	•	•	•	•		•	•	•	•	•		•	•	•	•				•		•	•					
LimigRay SchillipStrice																																					
Livingdang in a plattern hat altor to belan employees change the resp they must be stress and improve resilience, through artifeties much an infer remains, inharactive freist and present couching.			•	•	•	•	•	•	•		•	•	•	•	•	•	•		•	•	•	•		•	3			•	•	•	•	•	•				
Spec F. Epis Health, Soc.																																					
Lips also is help constructive value, expected their needs health frough percenticed programs. that cannot then with borned throughts and classicary.	•	•	•	•	•	•	•	•	•	•	•	•	•	100	•	•	•	•	•	•	•	•	•	•	•		•	•	•	•	•	•					
meQuilibrium Nove (de Solutos, free																																					
medialitation in a platered that supports users to improve rationare in stress misrogeneed, production, leader and embeding the eight validated assessments and proceeding it sales,			•			•		•		•	•			•	•	•	•	•	•		•	ž.		•	•	•	•	•	•	•	•	•	13	•	•	+	

TARGET CONDITION	INTERVENTION	TYPE OF PLATFORM	REPOI FORM		NG IN REPORT			CONNECT	IVITY	SOCI	AL	N	ICH SUI METHOD WAILAB	AND	-		cor	MPLIAN	NCE		RESE	ARCH	RATING
Physical Health / Well-Being Mental Wellness / Well-Being Substance Use/ Addiction Sleep Stress Anxiety Depression	Clinical Therapy Artifical Intelligence Al / Chathot Coaching Interactive Tools Education Cognitive Behavioral Therapy (CBT) Mindfulnes Meditation Symptom Tracking	Web	Online Dashboard	Engagement Emailed Report	Outcomes Demographics	EAP	Other Tools	Healthcare Provider Wellness Program	Referral Capability	Family	Social	Email	Phone	Chat	Available 24/7	Identifiable Data Collected	Data Removal*	Third Party Sharing**	HIPAA	42 CFR	Published Papers Demonstrating Effectiveness	Research Conducted In Employment Setting	+++ At least two experimental studies ++ At least one experimental research study + Other research If blank, no published data available

RESEARCH
RATING

+++ At least two experimental studies

++ At least one experimental research study

+ Other research

If blank, no published data available

		_	_	_	_			_			_				_		_	_			_	_	_		_	_	_	_										
See page 25 of the accompanying brachure for a full description of all tools listed in			190	APT C	OW DOTAL	W)				3/6	TERVE	NTION	TION			PE OF		REP	REPORTING			CONNECTIVITY						TEGH SUPPORT				OMPLIA			7766		RATING	
this chart including company URLs.	TARGET CONDITION							1.0	TERVE				PLA		REPO	ORT DATA IN REPORT			INTE	INTEGRATION SOCI			CIAL	METHOD AND AVAILABILITY					STATES OF	THE STATE OF				RATING				
Ted Balls (Degrey	Dynasia	faciety	Ĭ	1	Substance Steel Addiction	Marial Roberts / Ted Song	Payried Santa /	Spapers Southing	Undaher Mediales	Cognitive Schooland Change (CSS)	Education	Married to Bade	A Guella	Chical Charge Assisted totalingence	Made	766	Date Deciliant	Emailed Report	Table of the last	George	£	Dear lads	Hallman Fragues	Healthcare Provider	Ī	Soid .	I	1	One	Callered	Date Bameral [®]	Bird Party Sharing**	THEFT	E COM	Patisted Papers Demonstrating Effectiveness	Research Conducted to Employment Setting	+++ All heal for experimental distins ++ All head one experimental consents shely + Other constant E blank to published data available	
Albdes 1 Albdes, Inc. Albdes are in high sever representations of behaved health meditions for aging processabled programs. The entire publishmen over-this based health with meta capacitating a control of medical conditions.	•		•	•	•		•		•		•	•			8	•		•	•			•						•	Ī			•	•	•	•		+	
Supplied: I ligitiseth Deployed is a digital propert that we've have some storing changes for one entry very sed with, three-lightly organic as destinated level on one has not stabilized under days.	•	•	•			•		•	•	•	•	•	,		•	•		•	•		•	•	•	•		•	•	•	•			•	•	•				
Ougs: I (layer: Degree also to bely more improve free quality of strong and cope with diverge difficulties be augh- personalized programs.				•			•	•	•	•	•	•			•	•		•	•	•		•	•				•	•	•			•	•					
Opunione I Dyurducel field: Dyursic are support uses to make protection talk use of all that believe, and other addresses.					•			٠		•	•	•	•		•			•	•	•	•			•		•	•	•	•	•		•	•	•	•		+	
enWale. I motivals be: enWale starts belog users and held correproduce startic and track dark for common behavioral health condition.	•	•	•	•	•	•	•	•			•			•		•	•	•	•		•	•	•	•			•						•					
Ginger 1 (Triper Ginger start to ledy coers improve supplies of values mental health conditions by centering their is interest the epiths and distribute.	•	•	•	•	•	•		•	•	•	•	•	•	•	•			•	•		•		•	•			•	•	•	•		•	•		•		+	
Regular 1 legals, he is a displaying an indicate in help uses imposit world and being and happens for eight with 18th following and indicates of sizes.	•	•	•	•		•	•	•	•	•	•	•		ı	•	•	•	•			•	•	•	,		•	•			•		•	•		•	•	+++	
Readingues for Work. I thinkingues his. Newlingues for Work: agreem cours to improve serious agreeds of physical and swelled health by paralleling orbitalisms conditation.	•	•	•	•		•			•						•	•		•	•			•	•			•	•		•	•					•	•	+++	
Jaconey Medicale: I Jacony Medicale, No. Jaconey Medicales: data in high sensings or calcus agonds of physical and medical health by convening there is a few medicales community.			•						•						•			•	•	•	•	•	•		•	•	•	•		•			•	•	•		++	
Appelle 1 Implicine. Appelle is a platform that since in ledy corn represe spectrum of dynamics and assimp. Does an overested offs also could not guide frees frough that unique progress.	•	•	•			•		•		•	•	•	•		•	•		•	•			•	•	,			•	•	•	•		•	•		•		+	
Japages 3 ICAN Invalidation. Japages in a Sulf-Enail receive fluid area to help some provided by car has floor received with deal with only to more and build fields.	•	•	•		•	•		•	•	•	•	• ::	•	•				•	•	• •	•	•	•	•		•	•	•		•		•	•	•				
Designing 1 inthreptions Livingdung is a platform that aims in helps requirement dumps for may fine small includes and depose mailment, Prough achieve, such as also instants, for acts from and provent conting.			•	•	•	•	•	•		•	•	•			•	•	•		•		•	•	•	•	•		•	•				•	•	•				
Eyes I (as Well, by: Lyes since in left contribution species appear of their month health frough proceedingly organis that created their will have of freegats, and clink less.	•	•	•	•	•	•	•	•	•	•	•	•	•			•		•	•		•	•	•	•			•	•	•			•	•					
and-different if their (air Souther, to: and-different in splittered but agents were to improve relations in stress management, production, treats and well-being frough validated autocornels and procuration of sering.			•			•		•		•	•	•			•	•		•	•				•		•	•	•		• •			•	•		•	•	+	

Ableto | AbleTo, Inc. Ableto aims to help users improve symptoms of behavioral health conditions through personalized See page 23 of the accompanying brochure for a full description of all tools listed in this chart including company URLs. programs. The online platform connects trained therapists with users experiencing a variety of medical Tool Name | Company conditions. Ginger | Ginger Ableto aims to help users improve symptoms of behavioral health conditions through personalized programs. The online platform connects trained therapists with users experiencing a variety of medical Ginger aims to help users improve symptoms of various mental health conditions by connecting them to Ginger aims to help users improve symptoms of various mental health conditions by connecting them to licensed therapists and clinicians. licensed therapists and clinicians Happity Happity, Inc. Happily is a digital program that aims to help users improve overall well-being and happiness through short, daily interactive activities

Happify Happify, Inc.

Happify is a digital program that aims to help users improve overall well-being and happiness through short, daily interactive activities.

Selecting the right solution



Who is the target population?



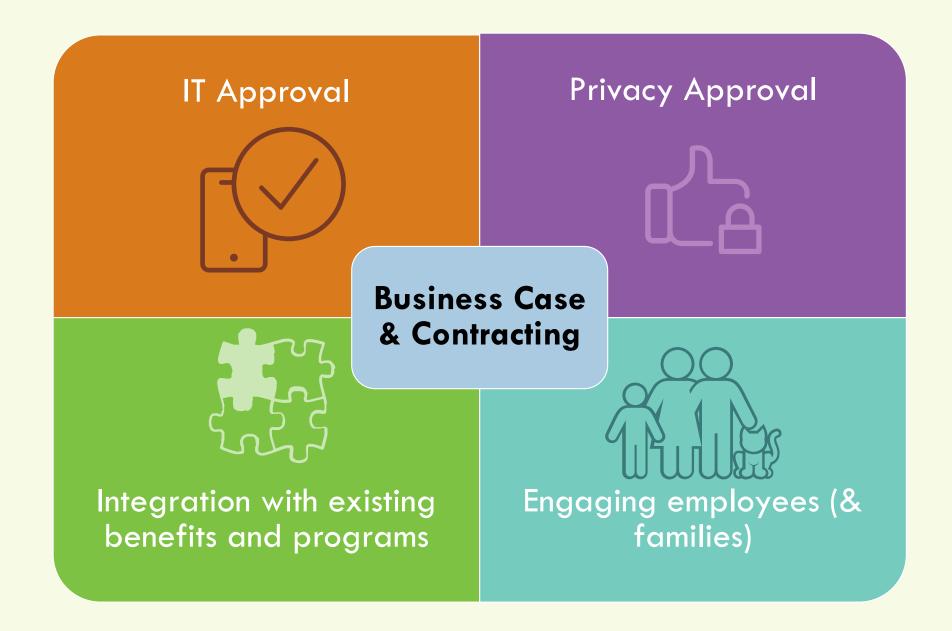
What do you want to achieve?



How much are willing to pay?



Implementing a DMH solution



IT Approval



- Business Partner Business Approval Process
- Data sharing e.g. eligibility files
- Data security
- Accessing the app
 - Single point authentication
 - Verification process
 - Single Sign On (SSO)



Business Partner Risk Assessment

Risk Compliance Policy Governance Management Information Information Access Training Classification Management Protection Technology Third Party Security Security Security Authentication Monitoring Management Management Business Incident Continuity Management Management

Privacy approval

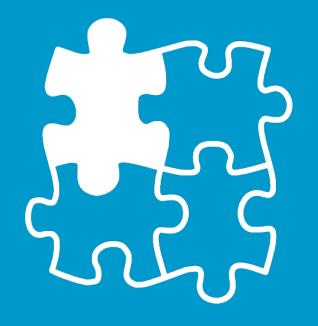


- Sensitive Personally Identifiable Information (SPII)
- Medical information
- Voluntary opt in or opt out
- Data retention
- "Identity" theft
- Privacy Laws:
 - CCPA
 - GDPR
 - · China, Russia, Japan and S Korea



Integration with existing benefits and programs

- Integration with existing benefit and wellness resources
 - Additive or replacing existing resources
 - Handoff between resources and benefits



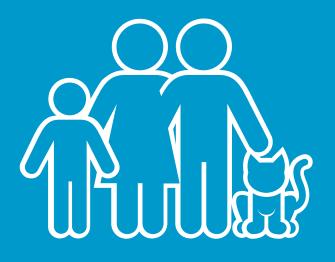








Engaging Employees (& Families)



- Communication for employees
- Communication for family members
- Communication for/by the business
- Marketing plan
 - Launch
 - Ongoing
- Branding
- Business leaders and Health Champions



Measuring Success



Engagement

- # users
- Time
- •# repeat use

Satisfaction

User satisfaction surveys

Outcomes

- Health costs
- Mental health outcomes



Polling question

- 3. How important is building a business case for implementing digital mental health tools?
 - A. Not at all important
 - B. Slightly important
 - C. Neutral
 - D. Moderately important
 - E. Very important



Building The Business Case



- Adults spend most of their waking hours at work.
- Mental health conditions and stress are very common.
- Conditions such as depression and anxiety often coexist with expensive chronic conditions
- Mental health conditions are a leading cause of lost workdays
- The ROI is between \$2 and \$4 for every dollar spent on mental health
- Digital tools can be effective and affordable
- Helps reduce stigma and increase access
- Prevention = lower total medical costs, increased productivity, reduced absenteeism and decreased disability costs.



Polling question

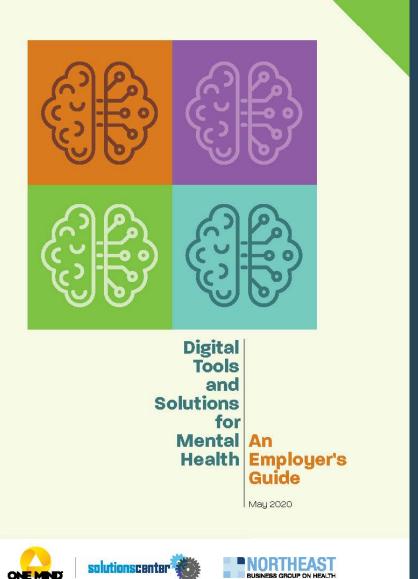
- 4. How would you rate your consideration of adding a new digital mental health tool, or replacing one you have, as a result of the COVID-19 crisis?
 - A. Definitely not consider
 - B. Probably not consider
 - C. Neutral/Not considered
 - D. Possibly would consider
 - E. Definitely would consider



Read the full results!

Employer's Guide: www.nebgh.org

One Mind PsyberGuide: www.psyberguide.org









"The support and services employers offer are often the first place people go for help when they are experiencing a mental health challenge, but employers provide more than that.

The culture, and especially the leadership, of organizations have an enormous impact on attitudes and willingness to access mental health services. We fully support taking steps such as integrating digital tools to put companies on the leading edge of demonstrating their commitment to a positive mental health environment for their workforce and improving accessibility to care."

Garen Staglin, Co-Founder and Chairman
One Mind

Thank you!

BOWMAN FAMILY
FOUNDATION

Johnson Johnson







Have a question? Use the Q&A box!

Follow NEBGH: in f







Recent webinars:

- May 14: NEBGH's Back-to-Work Forum
- May 18: NEBGH Medical Director's Weekly Monday COVID-19 Update
- May 19: Diabetes, Lower-Wage Workers and COVID-19