Mental Health Index U.S. Worker Edition May 2021 Update





National Alliance of Healthcare Purchaser Coalitions Driving Innovation, Health and Value



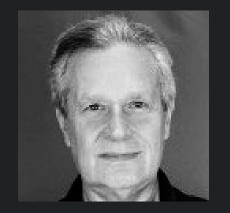


Methodology:

- Dozens of large US corporations using the Total Brain Platform
- Weekly randomized selection of up to 500 assessments
- Statistical control for cohort effect



Speakers



DR. EVIAN GORDON, MD, PHD CMedO, Total Brain



MICHAEL THOMPSON CEO, National Alliance



COLLEEN MCHUGHDREW HOLZAPFELPresident, Healthcare Policy Roundtable / HRManaging Partner, High Lantern Group /
Policy AssociationOne Mind at Work





CHARLES LATTARULO, PHD Director, Healthy Minds at American Express

#thisisnormal



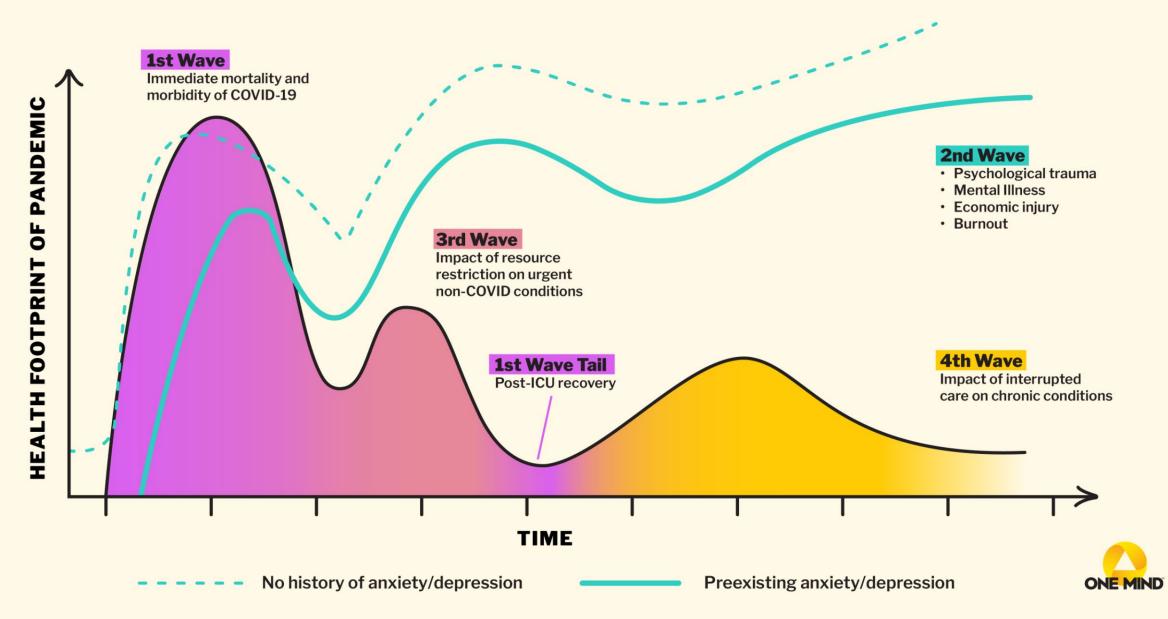




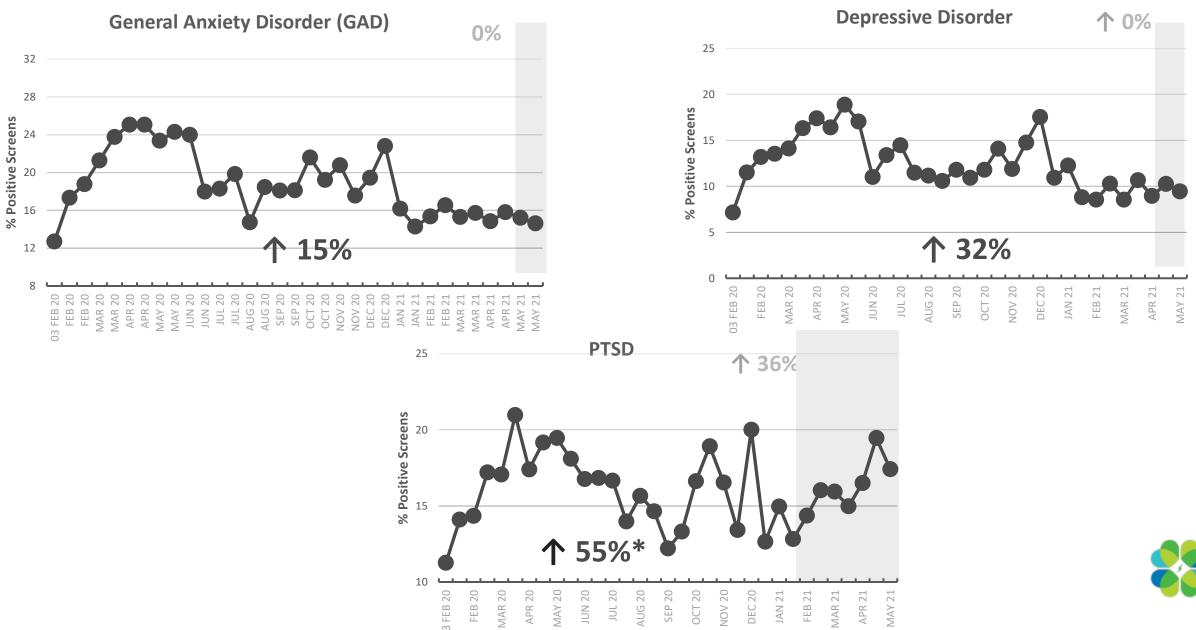




COVID-19 IMPACT TIMELINE



MHI May-21: Key Risk



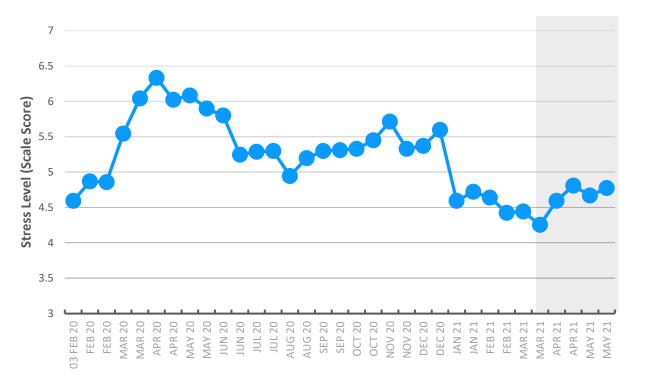
MHI May-21: Stress Remains Elevated; Focus is Suffering



Stress 12% increase since March 2021

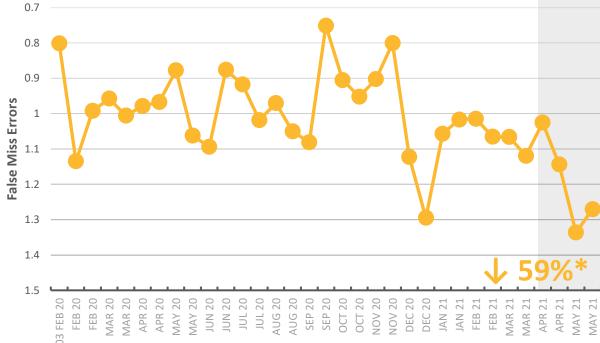
Focus

59% lower than pre-pandemic 24% decrease since April 2021



Stress

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



Focus – Sustained Attention

- How much we complete tasks
- Drives task completion

Download our New White Paper

Back to Work

How to Prepare for Five Mental Health Challenges Facing Returning Workers Back to Work How to Prepare for Five Mental Health Challenges Facing Returning Workers



Americans are goingback to work. With roughly half of adults vaccinated and pandemic numbers dropping, conpany leaders are beginning to discuss "when" — not "I" — that shift will occur. In one survey of executives all \$6 forms 300 comparies, more than half predicted their employees will return to the workplace between July and Doconber: A third of inspondents (and TBE all those in the tooplicality and retail industries) said they would quere workplace neet warker, by June

What this means for workers is another major shift in schedules and practices just as they had adjusted to waiking immonity. Metal health, wheally challinged by stress, anothing and depression during the pandemic, as tracketing or Westlankin these. Will alse another hit as writtens reduling provides and acclimate to a familiarperioritaniliar work encounter that will likely have COVID-10 guidelines and regiments in place.

Is a next sprior survey lip Total Brain, 50C of responsibilities said their employer has not done enough to address the metal impacts of COID-56 on employeer. and 66C want their employer to build a corporate culture that envirugings conductablesh buildinges,

This report all discuss those survey results in the context of five mental health challenges employers are likely to fave as workplace steper. Its also provide saleseay points managers can put into place to make the transition fact to service amounts as possible.



Visit:

https://info.totalbrain.com/resources



THANK YOU



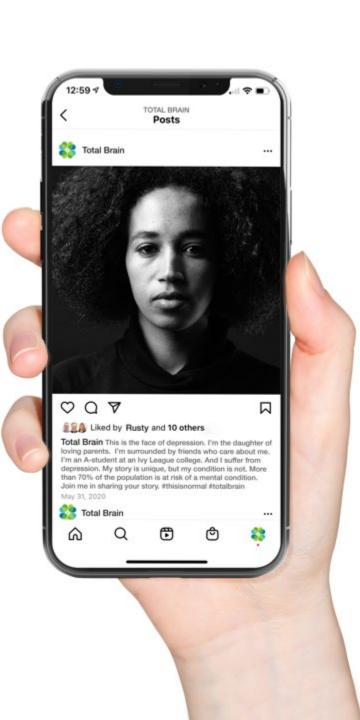
Join us in opening a dialogue...

#thisisnormal Social Campaign

To demonstrate that #thisisnormal Total Brain is encouraging people to engage through a simple call to action of posting a black and white selfie on social media, along with your personal testimonial on mental health and the hashtag #thisisnormal.

Total Brain will donate \$5 to One Mind, a mental health non-profit, for each of the first 1K participants.

Visit: www.totalbrain.com/thisisnormal



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