



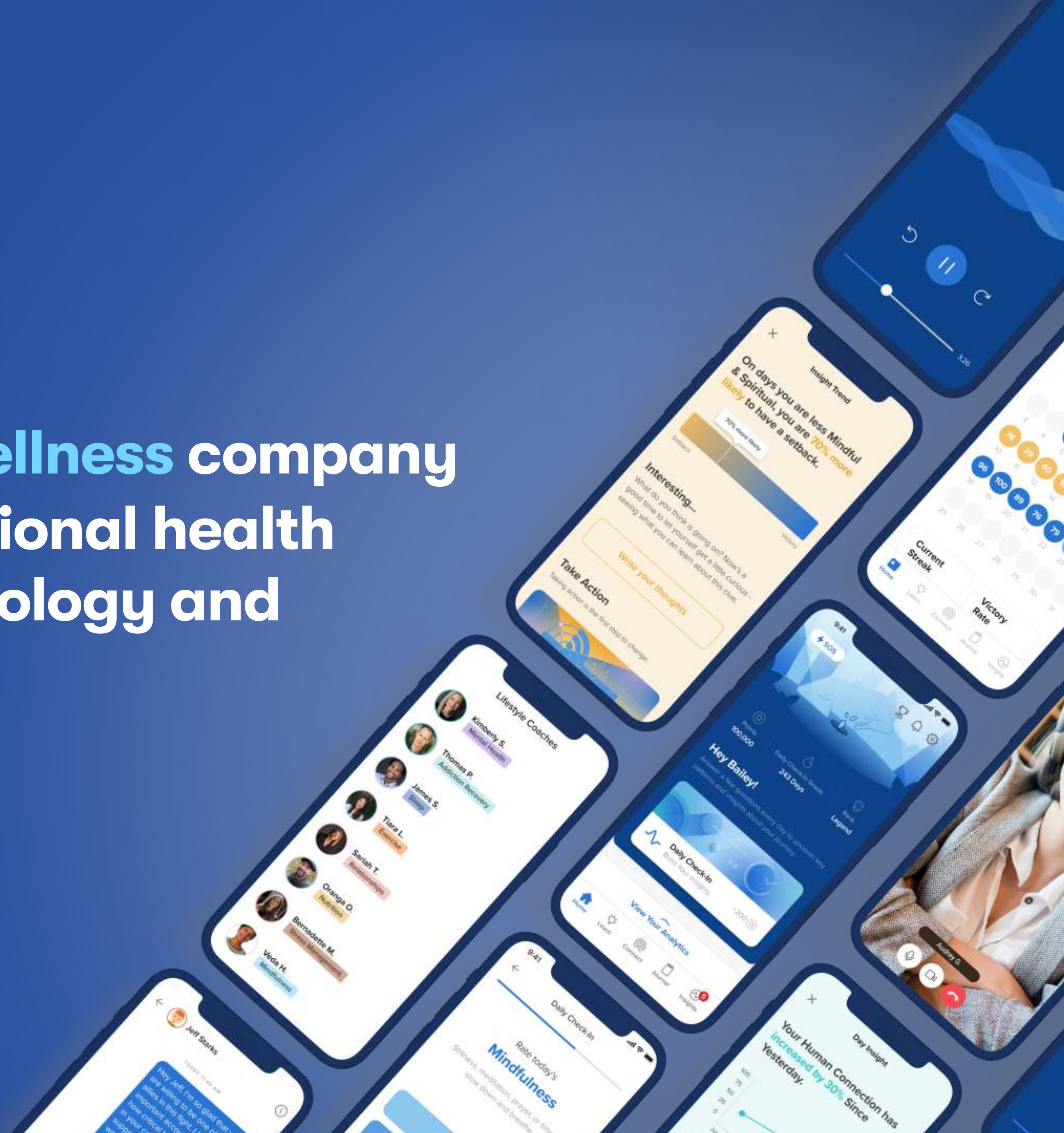
Leading the paradigm shift
in mental health.





We are a **modern mental wellness** company getting at the roots of emotional health through preventative technology and professional care.

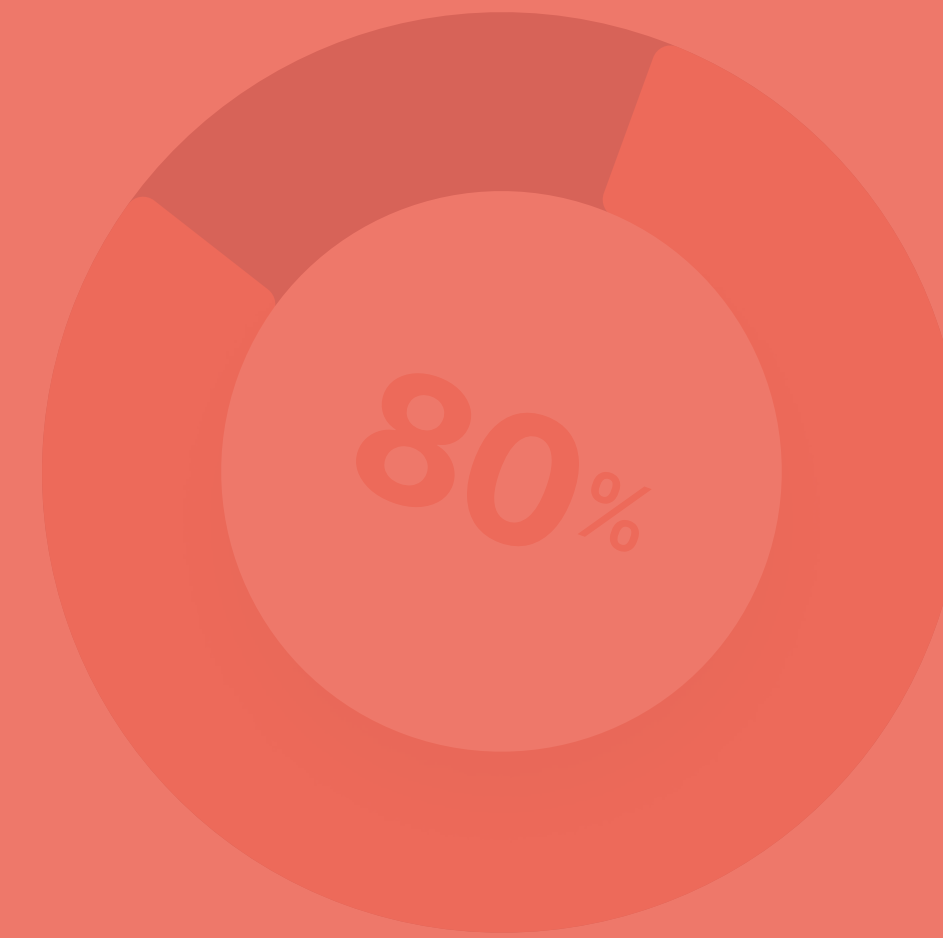
Think “Mental Health Fitbit”
+ professional care





The Problem

80% of employees report feeling stressed & overwhelmed at work



2013 Work Stress Survey conducted by Harris Interactive on behalf of Everest College

1 in 3 struggle with mental health challenges



2016 National Study on Drug Use and Health & 2015 S

\$1 Trillion — Mental illness and substance abuse cost employers around the globe a trillion dollars

Mental health and addiction issues are a major barrier to work



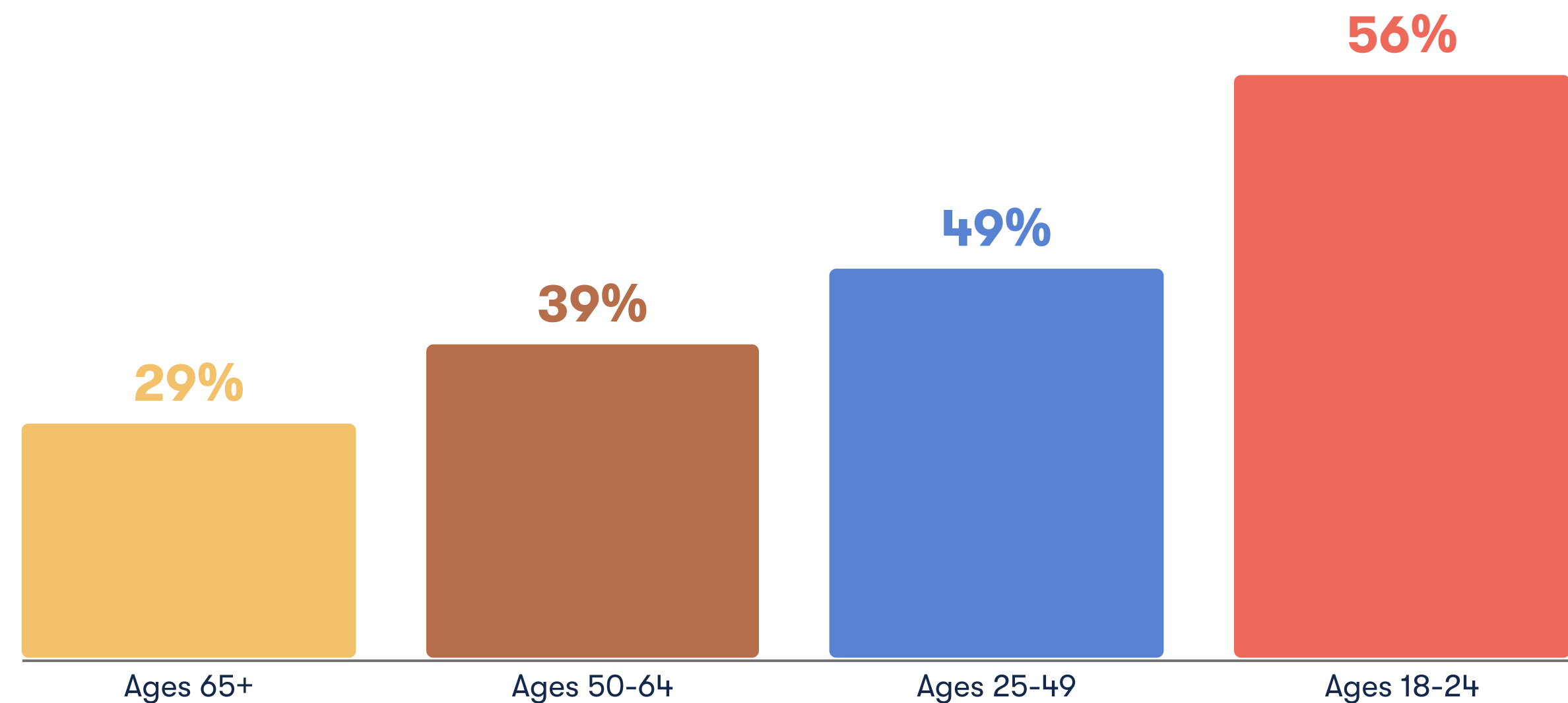
THE PROBLEM

The **tidal wave of harm** has not yet reached our shores.

Depression and anxiety are intensifying with each new generation. Despite more therapists per capita than any other time in human history, mental health and addiction issues continue to worsen.



Prevalence of Anxiety & Depressive Disorder by Birth Cohort

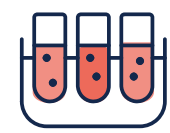


U.S. Census Bureau, Household Pulse Survey, 2020



THE PROBLEM

The **Limitations** of Current Mental Health Interventions



Reactive

Waiting till a big problem happens - then trying to pounce on it. By the time a problem arises to be addressed, it's so gaping that it requires enormous attention and financial resources.



Professionally-dependent

Overly dependent on professionals. The number of people supported often depends on the availability of therapy slots.



Symptom-oriented

The mainstream response focuses on reducing the immediate manifestation of the issue, with far less attention to the deeper root contributors and broader lifestyle patterns often driving the problem.



Underutilized

Typically people must go through gatekeepers (an HR department to reach an EAP). Shame and inconvenience can be a significant barrier to people getting the help they need.

A Tectonic Shift in Expectations

Most people now struggle with some form of mental health challenge. It used to be a subset of people grappling with their mental wellness. But today, statistics prove the majority of people are now struggling.

81% of employees say it's important to them

Employees—especially Millennials and Gen Z—now consider robust mental health benefits a minimum standard, not an exception or perk. ¹*American Psychological Association, 2022.*



Our Solution




OUR SOLUTION

We take a therapeutic lifestyle change approach to addressing mental and behavioral health.


It's proven: **small, targeted adjustments** in key lifestyle categories lead to **lasting healing and change.**

"Our brains were never designed for the sedentary, indoor, sleep-deprived, socially-isolated, fast-food-laden, screen-addicted, frenetic pace of modern life."


—Dr. Stephen Illardi, Univeristy of Kansas




Nutrition
Learning how to eat better to feel better




Expand
Growing Stamina




Environment
Fortifying your environment




Mindfulness
How more silence and stillness can help




Stress Relief
A journey toward balance




Meaning & Purpose
Leaving your mark on the world



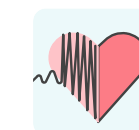
Financial Wellness
Financial Wellness



Getting Educated
Exploring Encouraging Research



Healing From Trauma
Moving beyond past hurt



Inner Change
Pursuing a deeper heart shift



OUR SOLUTION

A Full Spectrum of Support





OUR SOLUTION

Getting Ahead of the Crisis

We offer preventative benefits

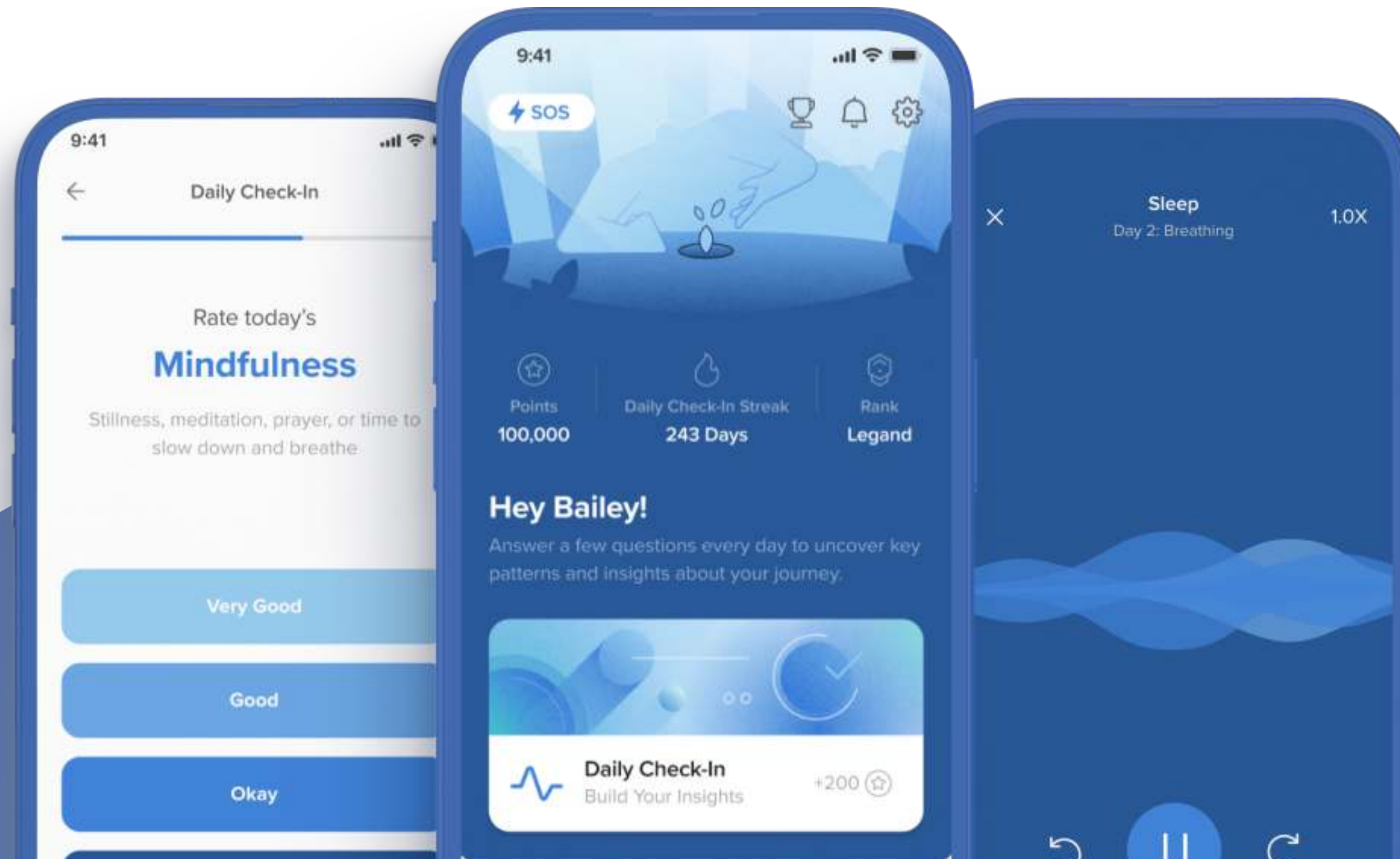

We aren't just the emergency vehicle at the bottom of the cliff—we provide both the ambulance and the fence at the top of the hill. We're here for both urgent mental health needs and to help prevent crises from getting worse.

Unique needs require unique tools


People facing specific challenges are hungry for specific guidance and connection with others who are facing similar issues. We directly address mental and behavioral health issues, offering five unique communities with tailored curriculum.

On-demand self-care tools


We bring powerful training + engaging insights + professional coaching in with the following products:


Climb
Personal Growth



Lift
Depression & Anxiety



Turn
Substance Abuse



Fortify
Sexual Compulsivity



Raise
Parenting in the Digital Age



The First-Ever Proactive AI Coaching Platform

A personal AI experience, providing AI-generated responses and motivation, guiding users on their well-being journey like a trusted and supportive sherpa.

Guidance

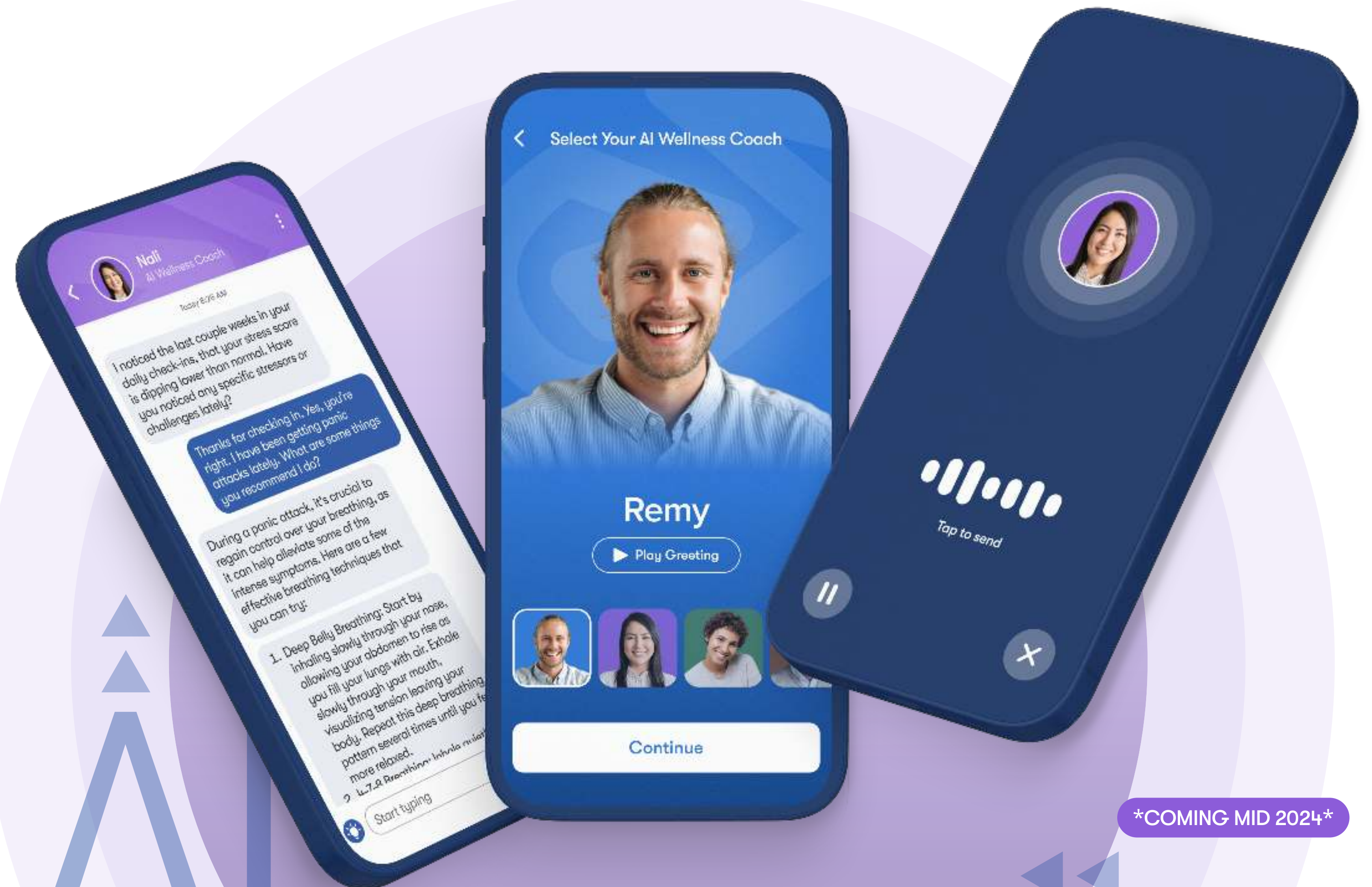
Celebrates victories and offers guidance

Motivation

Helps with daily motivation and engagement

Predictions

Recognizes early signs of struggle and proactively reaches out



COMING MID 2024



TELETHERAPY & COACHING

Personalized and Convenient Access to Licensed Professionals

Safe. Secure. Personalized.

We make it easy for individuals to connect with a therapist. Users can choose from a nationwide network of professionals and set up an appointment that works for them, all from a single smartphone app. It's safe, secure, and personalized.

Dedicated specialists

Many people don't feel that they need formal therapy, but can still benefit from professional support. When needed, they can receive direct advice and support from a team of certified specialists on their journey to greater healing and recovery.



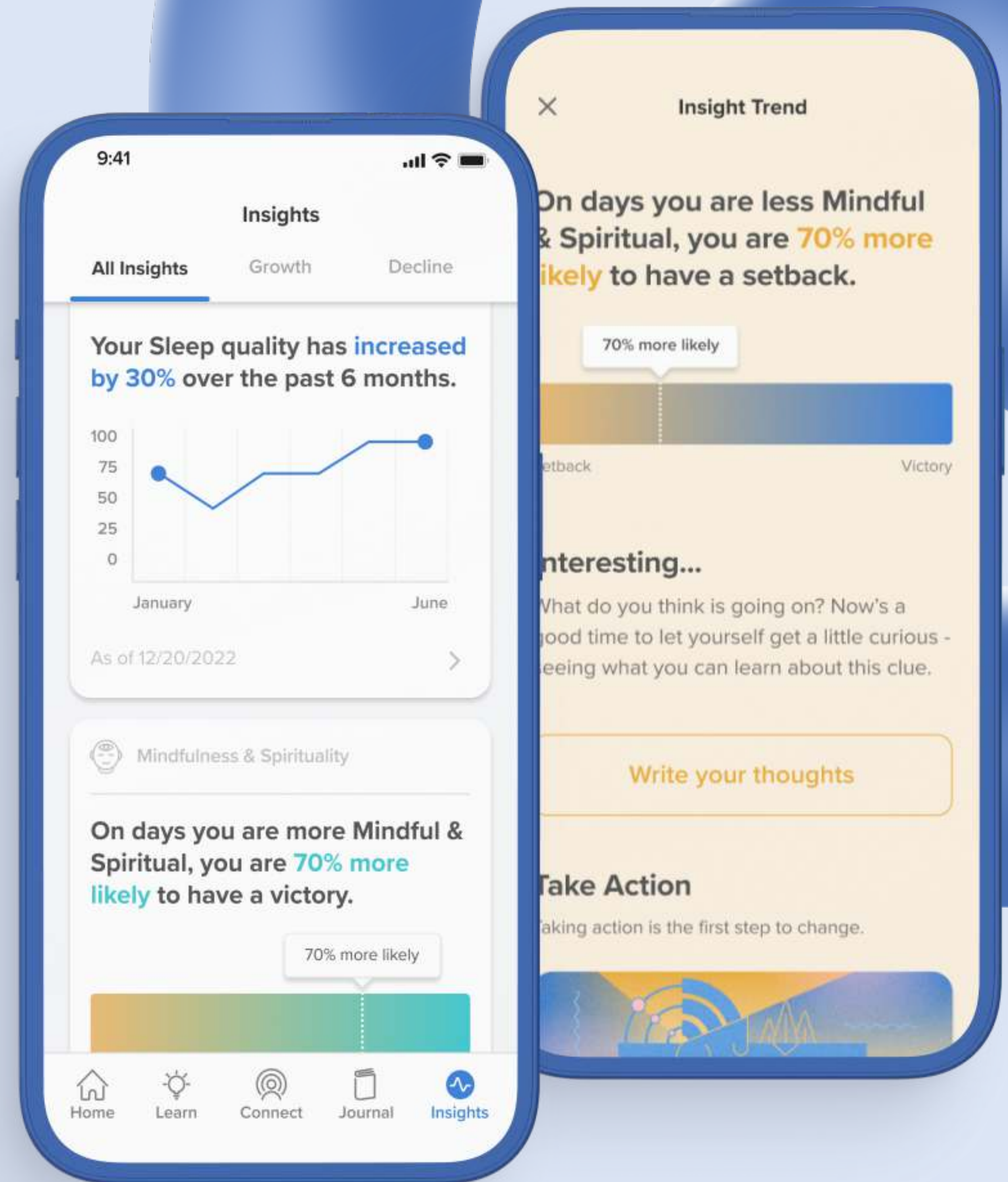


OUR SOLUTION

Predictive Insights

Impact Suite is the **1st** employee mental wellness platform to offer personalized predictive insights that help users take control of their mental and behavioral health journey.

- **Uncovering Hidden Trends**
- **Discovering Encouraging Correlations**
- **Revealing Personalized Predictors**






OUR SOLUTION

24/7 Support

A safety net for unexpected crises.


With the click of a button, employees can receive immediate support through a crisis at any time. Our support team is trained to guide employees to the appropriate help and even schedule teletherapy sessions.

Suicide & Crisis Hotline
988




Boys Town National Helpline
800-448-3000

National Domestic Violence Hotline
800-799-7233




Self-Harm Hotline
800-366-8288

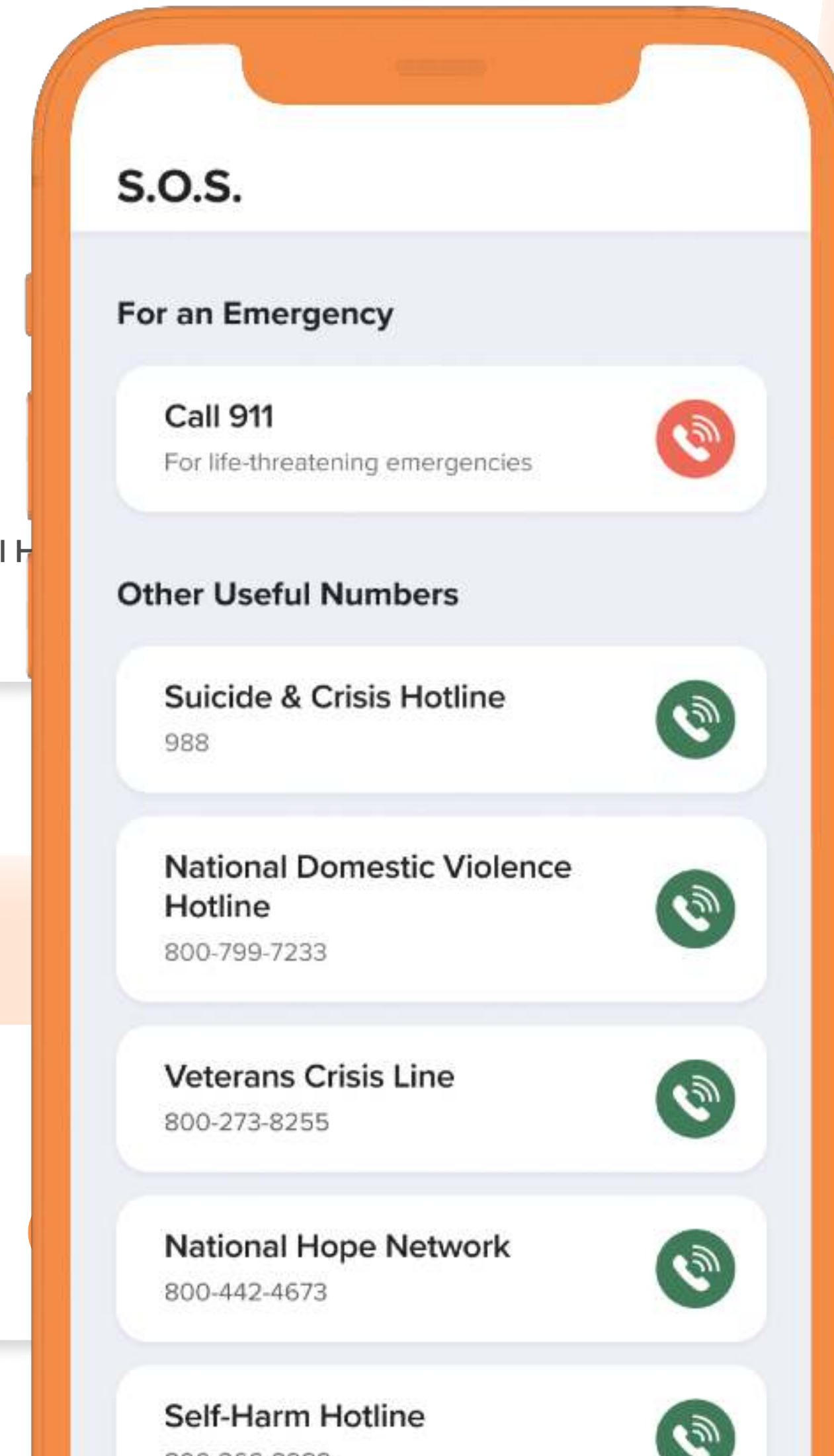
Alcoholism & Drug Dependency Helpline
800-622-2255



National Assault Hotline



Veterans Crisis Line
800-273-8255





OUR SOLUTION

Workplace Wellness Consulting

Workplace mental health training for your leadership team

Leadership Training

- Provide instruction to management team on all of Impact Suite's services
- Teach tools to effectively address mental health and addiction issues

Employee Training

- Introduce employees to all available mental health resources
- Offer ongoing mental health education through monthly livestreams

Benefit Meetings & Health Fairs

- Provide ongoing support to keep team members engaged and informed about their benefits and health resources.



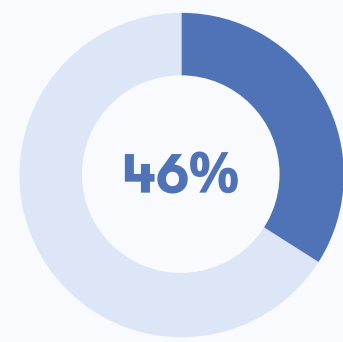


Real-time Data for Employers

Impact Suite gives customers **more aggregated data** than any other platform while strictly maintaining individual user anonymity.

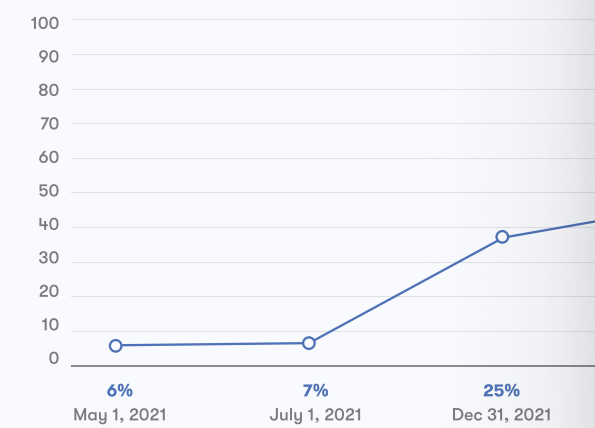
OUR SOLUTION

Overall Participation

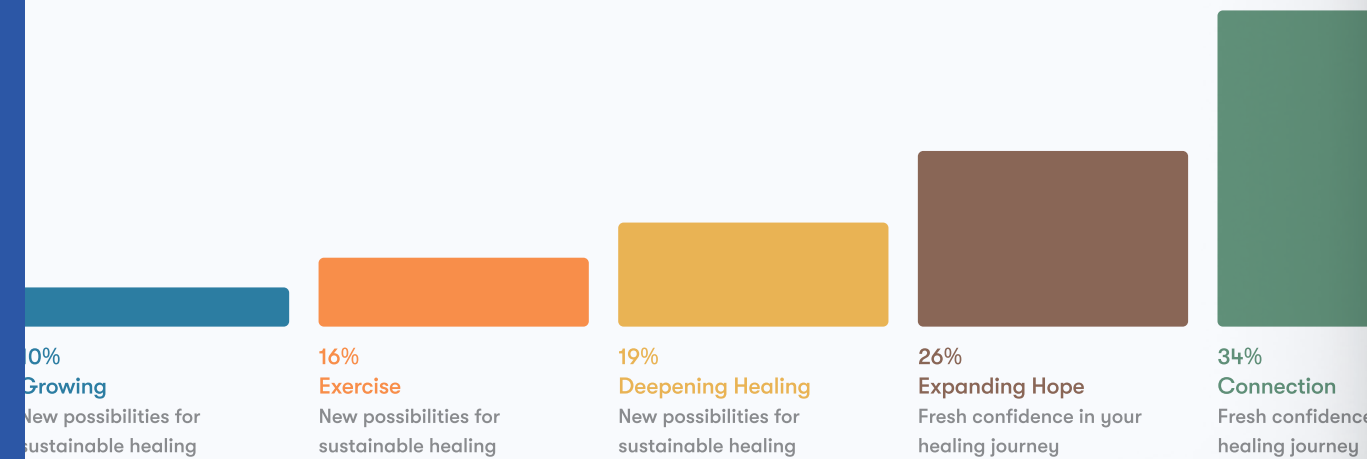


27% of participants have used Impact Suite to improve their personal, family, and professional lives

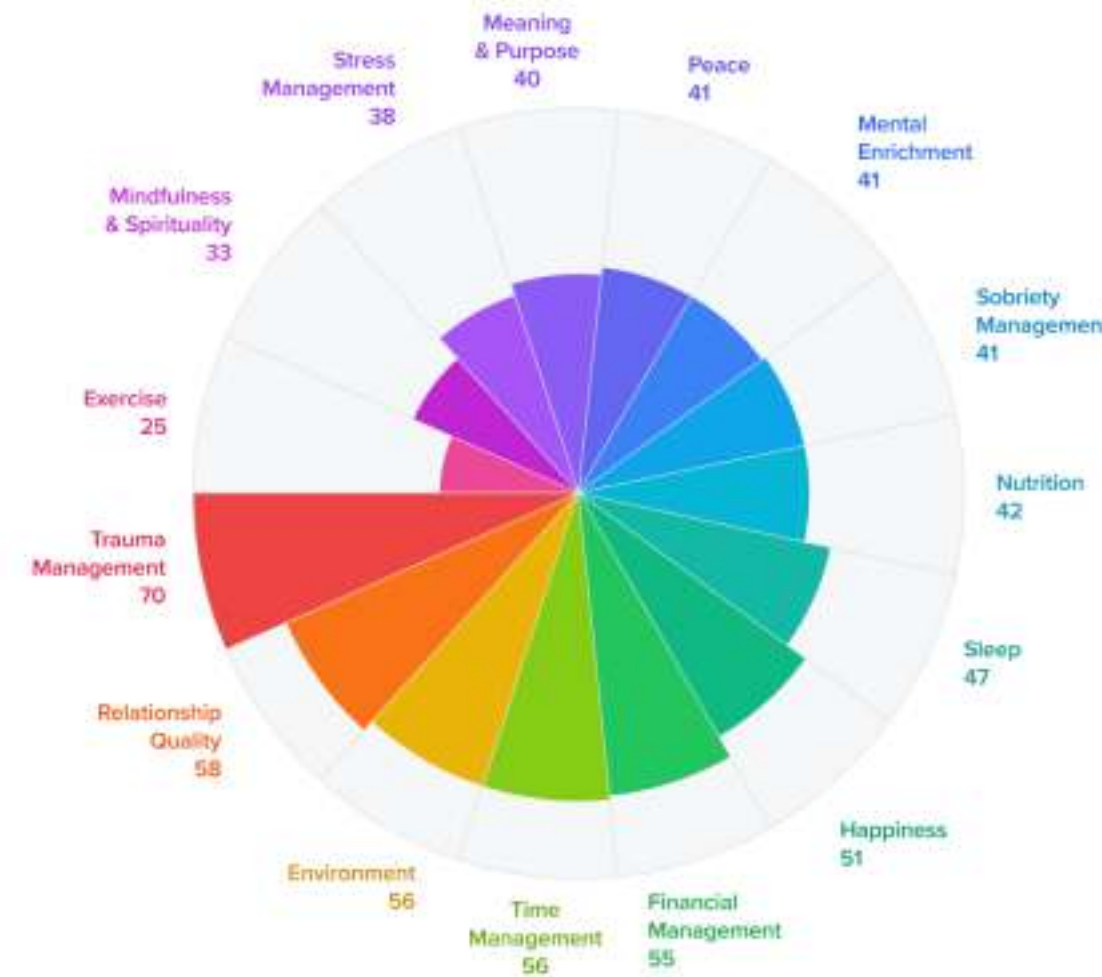
Participation Over Time



Learning Breakdown



Risk Factor Breakdown



Top Strengths

The areas your organization is currently scoring the best in

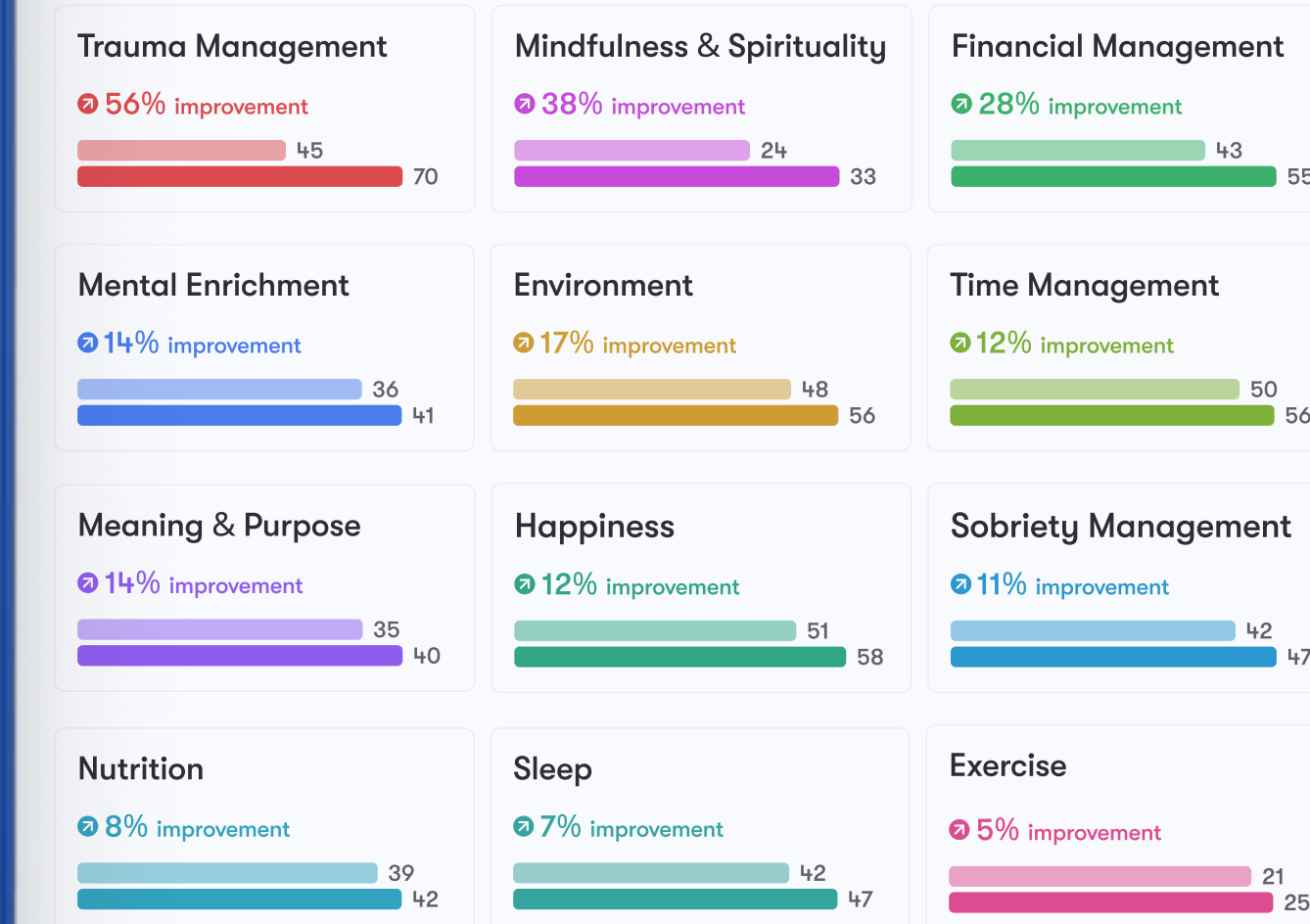
RISK FACTOR	AVERAGE SCORE
Trauma	70
Relationship Quality	58
Environment	56
Time Management	56

Top Vulnerabilities

The areas your organization is currently struggling with the most

RISK FACTOR	AVERAGE SCORE
Exercise	25
Mindfulness & Spirituality	33
Stress Management	38

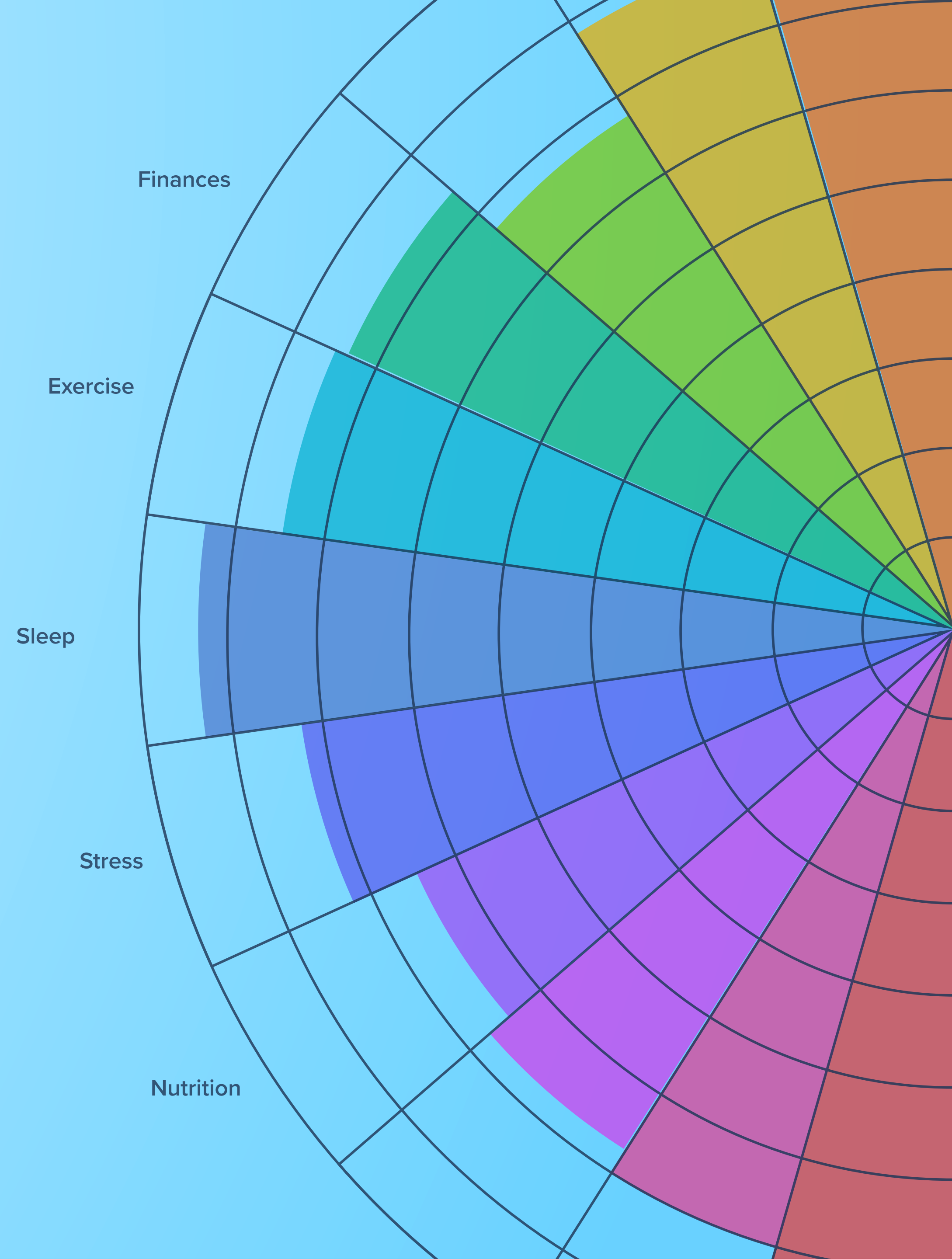
Participant Improvement



“The world’s most valuable resource is no longer oil, but data.” - The Economist



Our Impact





OUR IMPACT

We've helped **hundreds of thousands** of individuals in over **150** countries.

"As an employee who has had the privilege of participating in our company's Employee Wellness Program, I cannot express enough how transformative this experience has been for me both personally and professionally. Impact has truly raised the bar when it comes to prioritizing the well-being and happiness of its customer's employees. Perhaps the most significant impact has been on my mental and emotional well-being.

The program has made mental health a top priority, offering workshops on stress management, mindfulness practices, and access to confidential counseling services. **Knowing that my employer cares about my mental health has lifted a tremendous weight off my shoulders and has allowed me to perform at my best.**

I wholeheartedly recommend Impact Suite to any organization looking to make a real difference in the lives of it's employees and create a happier, healthier, and more engaged workforce."

Jessica T.

Employee

"It has shown me the light while I was in the dark. It has changed my life forever— for good."

Dean S.

Lift App Customer

"Thank you! This app needs to be in the hands of every individual."

Sofia L.

Climb App Customer

"This app gave me so much grace & space— I couldn't help but feel loved."

Anthony G.

Fortify App Customer

"Thank you for the tools and encouragement. This app has saved my marriage."

Naomi L.

Fortify App Customer



OUR IMPACT

Testimonials from company leaders.



“None have impressed me as much as Impact Suite.”

As a Senior Director of Health and Wellness, I am constantly seeking resources to support our clients and their organizations. Over the years, I've explored numerous wellbeing solutions, but **none have impressed me as much as Impact Suite**. Their profound understanding of what determines the success or failure of a wellness program truly sets them apart. They go beyond mere checkboxes to provide the right tools that genuinely transform lives.

I love that Impact Suite addresses the immediate issue, but more importantly, they address what created the issues in the first place. Impact Suite truly gets it. They help organizations place people at the center of their efforts, and help people find lasting change. Their model is thoughtful and proactive and will profoundly impact your organization, leading to positive outcomes.



Emily Stone

Senior Director of Health and Wellness — Buckner



“It is a highly utilized resource for our employees and their families.”

We've been thrilled to offer Impact Suite as a benefit to our team and I've heard great feedback from most everyone that it is a **highly utilized resource for them and their families**. It has been really helpful to get feedback from our Impact Suite Consultant on key topics or areas we should consider focusing on based off of data from everyone's usage of this benefit. By offering this benefit, I feel like we are putting our company values in motion and demonstrate to our amazing team we care about them and their families.



—
Daniel Beck

Co-founder, CEO — 401GO



“Impact Suite has yielded a positive return on our investment.”

Impact is more than just another Employee Assistance Program (EAP). They are committed to making a difference and have provided exceptional support to our employees. Their responsiveness and resourcefulness have been invaluable to us.

Our employees prefer and use Impact more than any previous EAP we have offered in the past. **Impact Suite has yielded a positive return on our investment, and we see no reason to consider anyone else.**



—
Arjun V..

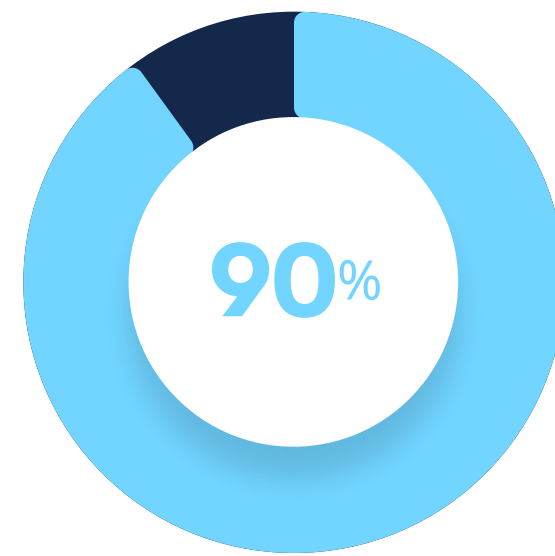
HR Director



OUR IMPACT

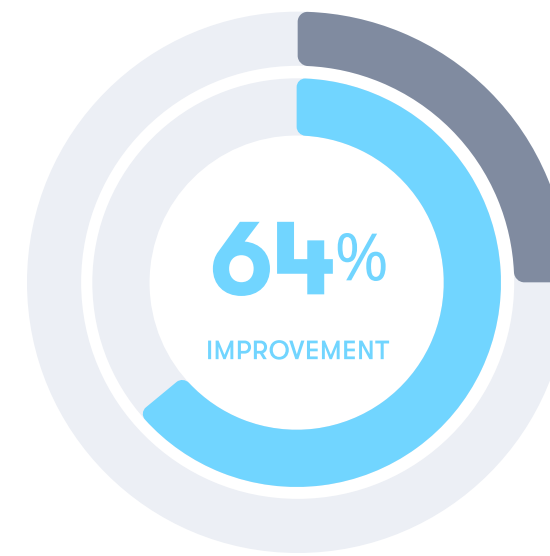
Proving Our Impact

90% of consistent users report experiencing **lasting change**



Long-term outcome survey of one of our 5 apps

64% improvement in depression & anxiety symptoms



- Highly-engaged participants show a 64% improvement
- Average participants show a 25% improvement

56% improvement in compulsive patterns



- Highly-engaged participants show a 56% improvement
- Average participants show a 21% improvement

Utilization is 10x higher than traditional EAPs

Impact Suite Customers Average Utilization



Average Company EAP Utilization



Aggregated report of all companies using Impact Suite services

**Independent Review by Researchers from the University of Alberta and Utah State University, 2021*

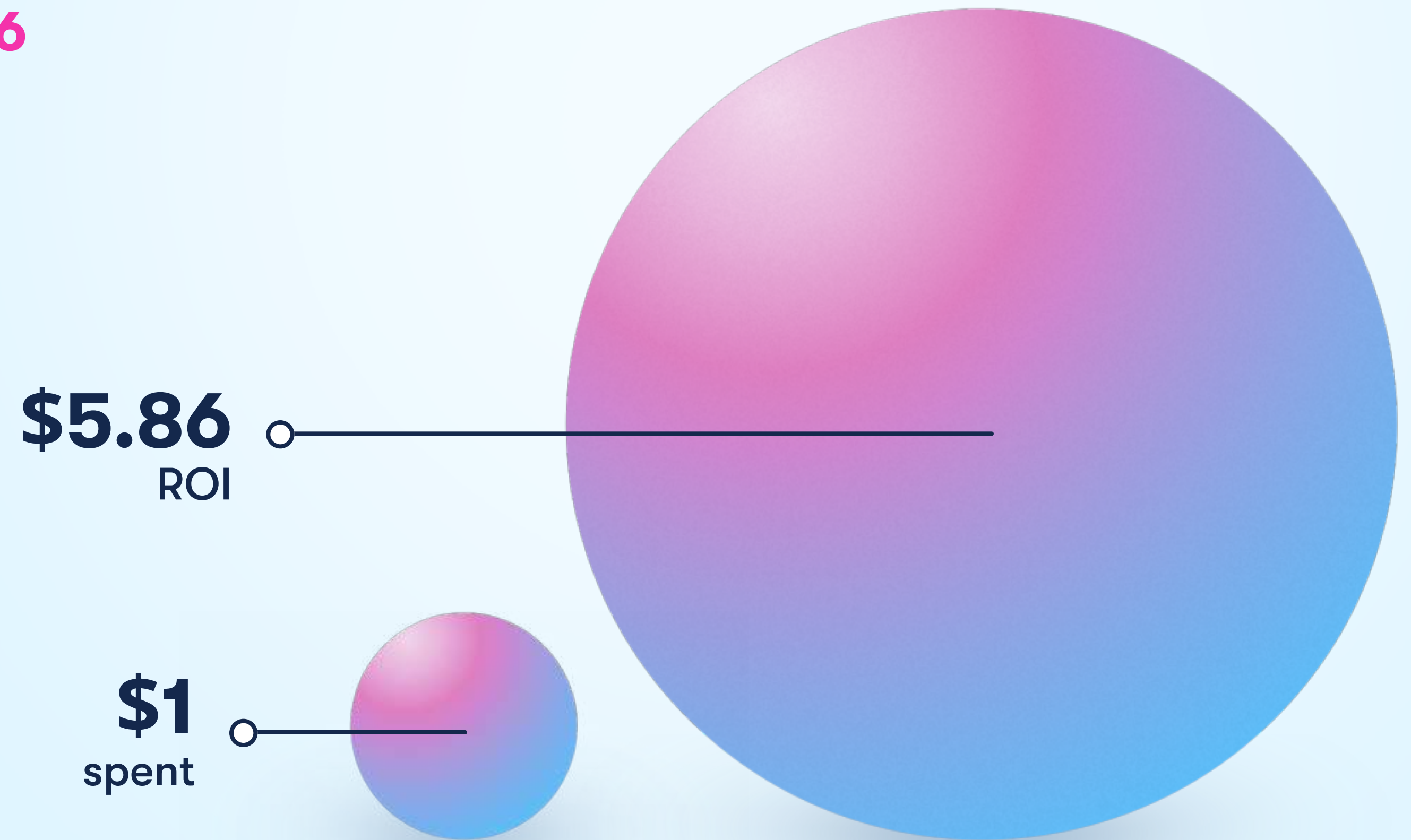


OUR IMPACT

A Nearly **6x** Return on Investment for Customers

For every \$1 spent on our services, companies will see an estimated \$5.86 return on investment.

The same independent review by researchers at the University of Alberta and Utah State analyzed our utilization rates and outcome results against established figures on medical spend, absenteeism / presenteeism, and turnover. They concluded that companies could expect a \$5.86 return for every \$1 spent.



Dr. David Shramm, Utah State University &
Dr. Adam Galovan, University of Alberta, 2021



Our Valued Clients





 impact suite

Thank you.

