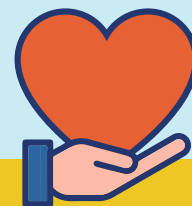


Did you know?



1 in 5 adults live with a mental illness, and females and multiracial individuals are more likely to develop a mental illness.¹

Mental health symptoms can be difficult to recognize, and knowing which type of mental health care you need can feel overwhelming.



Balance can help.

What is Balance?

Developed with experts from the Johns Hopkins Department of Psychiatry — consistently rated one of the best in the nation — Balance is a digital well-being program that proactively identifies individuals' needs and offers easy access to multi-channel tools to build new coping skills and get personalized navigation to long-term care.



Balance enables early detection to identify and address mental health concerns **before they become a crisis.**



Our multi-channel approach allows you to **easily access personalized, effective support** that best suits your needs — faster.



Balance takes a **whole-person approach to mental health**, to identify and understand you or your children's needs.



How does Balance work?

Individuals have unique needs. That's why Balance offers multiple channels to personalized support and navigation to treatment and resources.

Balance Provides Customized Support and Referrals to Treatment

Comprehensive Assessment



Our proprietary survey is based on Johns Hopkins science and provides a clear picture of the whole person and their situation. In order to better understand your mental health needs, the assessment looks at:

- **Personality**
- **Life experiences**
- **Behaviors**
- **Physical and mental health**

24/7 Mental Health Digital Assistant



Participants have 24/7 access to support and skill-building exercises through Bea — our AI-driven digital assistant.

When needed, Bea can send crisis alerts to the Care Concierge, who will call you immediately and connect you to care.

Navigate to Care Quickly



Each participant gets immediate access to the Care Concierge as soon as they register for the program. The Care Concierge is **available 7 days a week, 365 days a year.**

The Care Concierge goes above and beyond. They review each participant's survey results and offer personalized support, taking on the burden of quickly navigating you to long-term care or local resources.

On-Demand Mindfulness Videos



To further support and build skills, resilience and healthy habits, Balance includes on-demand access to digital mindfulness practices and **other personalized resources.**

¹ <https://www.nimh.nih.gov/health/statistics/mental-illness>