

# FEEL Renewed

Benefits built for better well-being



## **WELLPAK®: The Perfect Combination of Coverage and Access**

Traditional approaches to address workplace mental health have consistently fallen short of employee needs.

**WellPak** is an all-in-one solution to support employees with coverage and resources on their well-being journey. This supplemental health insurance plan can help reduce the barriers employees face, both financially and in finding and accessing the appropriate level of care.

### **WellPak At-A-Glance**

Layer your primary health plan with WellPak on the first of any month with the freedom to select which employee set you want to cover (based on tenure, performance or other criteria). It's a powerful way to help employees feel valued while also supporting their productivity.

#### **Coverage toward:**

- ➔ Office visits, including mental health
- ➔ Routine expenses such as prescriptions and diagnostics
- ➔ Stress-reducing wellness treatments like prescribed massage therapy

#### **Connect & Thrive, mental health and well-being support services:**

- ➔ Offer confidential, neutral resources
- ➔ Address the stigma often associated with seeking treatment
- ➔ Meet employees at their level of need
- ➔ Provide a range of services: from coaching to counseling and more

## Connect & Thrive

### Mental Health and Well-Being Support Services

Connect & Thrive makes the journey to better mental health easier for employees. It provides a single point of access to resources ready to guide employees to care across the mental health continuum.

### The Right Help, Right When They Need It

Emotional well-being is not static. Rather, it is constantly changing in response to life circumstances. And just like a person's physical health evolves, our mental and emotional health needs are many and varied. Connect & Thrive offers employers a solution that can help whether someone is struggling with stress and burnout, dealing with ongoing depression or battling addiction. With the high-touch support of a dedicated Specialty Care Consultant and an initial clinically validated assessment, members are guided to the appropriate pathway for their needs.

*Designed to meet members wherever they are on the continuum*



### CONNECT & THRIVE BY THE NUMBERS

**4.5X**

Engagement  
of an EAP

**58%**

Engagements  
that result in an  
action plan with  
care navigation

**65-127**

Average number of  
days of engagement  
(Low to Moderate/  
High Risk)

**57%**

Percentage of  
members who  
reported reduction  
in stress levels

**60%**

Percent of  
members who  
reported  
improved focus

SOURCE: [BHS UTILIZATION DATA](#)

Connect & Thrive services are provided by BHS. Founded in 1983, BHS is a well-being provider operated by tenured, experienced behavioral health professionals.