

Your Mind Matters™

Employee and Family Wellbeing Program

Brain Fitness to Motivate
Improved Work/Life Performance

Your Mind Matters — A Brain Health Virtual Trainer and Coach

Employees' performance is directly impacted by their mental health and that of their family. Learning and memory, focus, resilience, efficiency and higher-level thinking are all compromised by increased stress and anxiety, making it difficult for employees to adequately, let alone excellently, perform the requirements of their roles within their organization.

Your Mind Matters is a psychological support program, uniquely designed to address employees' individual behavioral and emotional needs. Using simple interactive surveys and assessments, multimedia content from the extensive GoMo Health library is custom curated to fit the initial challenges expressed by each participant, adjusting as the program progresses and additional feedback is collected, offering personalized guidance throughout their mental health journey.

Content Includes:

- Minimizing Stress and Anxiety
- Managing Emotions and Beliefs
- Controlling Stimuli
- Gratitude
- Constant Evolution of Self
- Harnessing Intuition
- The Art of Decision Making
- Flexibility of Thinking

TAILORED FOR EACH EMPLOYEE'S LIFESTYLE: CREATING POSITIVE, LASTING CHANGE

RELATIONAL

Tips on Giving and Receiving Advice

Activating/
Strengthening
Connections

Cultivating a
Village

EMOTIONAL AND MENTAL

Flexibility of
Thinking

Coping
Techniques

Overcoming
Information
Overload

PURPOSEFUL

Activating via
Micro-doing

Application of
Mindfulness
Techniques

Reflection and
Adjustment

PHYSICAL

Mind/Body
Connection

Prioritizing Yourself:
Body, Mind, Spirit

Quality of Life:
Eating, Exercise,
Smiles/Laughter

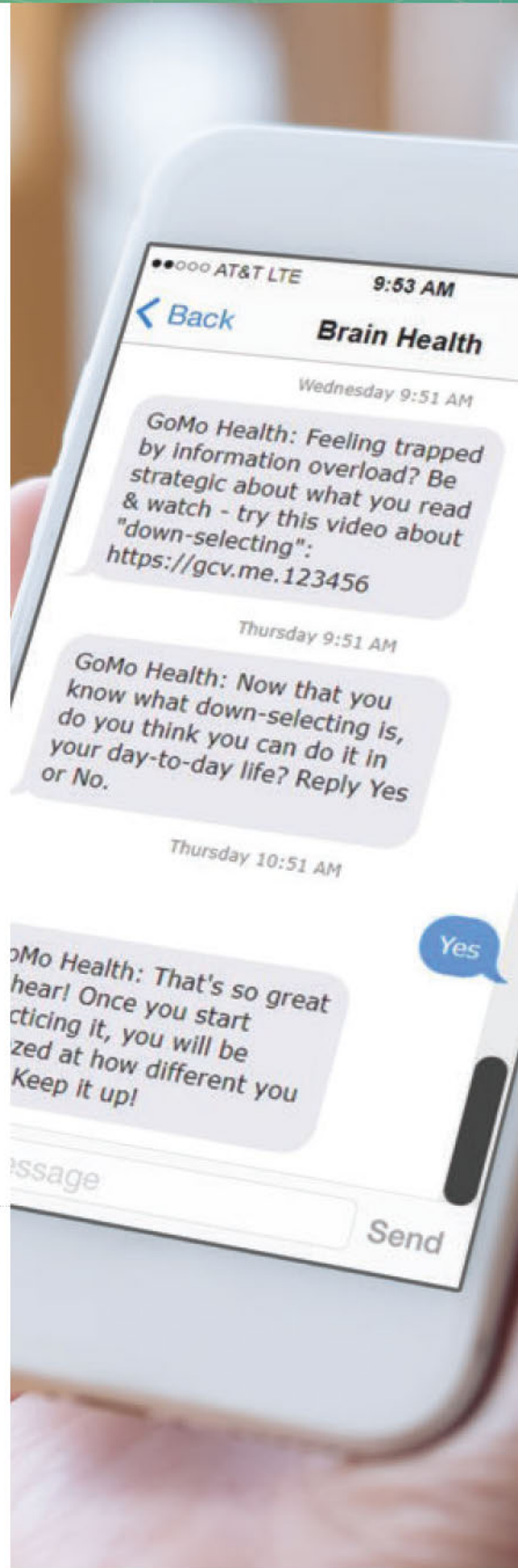
Depression interferes with a person's ability to complete physical job tasks about 20% of the time and reduces cognitive performance about 35% of the time.



Leveraging Behavioral and Cognitive Science to Motivate Action

BehavioralRx is an evidence-based behavioral science of human motivation, activation, persuasion and resiliency through which cognitive and behavioral principles of engagement are used to activate employees. The science guides management of complex health and life situations by considering people holistically.

We achieve this by becoming a partner and supporter in a person's day-to-day lifestyle. Based on the guiding principle that no two people are identical when viewed from a combined emotional, behavioral, physical, and metabolic perspective, BehavioralRx precisely treats each person, becoming an active partner in daily experiences and living. Integrating support into each person's routine increases consistency in behavior, improves output, and instigates positive impact both for the individual and those with whom they interact.



Benefits Include:



Improved Health Outcomes



Employee Satisfaction and Retention



Employee Self-Care Adherence



Decreased Medical Costs



Real-Time Access to Mental Health Hotlines



Reduced Absenteeism



Earlier Addressability of Mental Health Challenges



Development and Fostering of Mental Resiliency

GET IN TOUCH



1 (848) 467-4560



gomohealth.com



info@gomohealth.com

