

# Barrier-Free Access to Personalized Mental Health Solutions

Get seamless access to expert care, resources, and personalized support—whenever and wherever you need it.



Bree Health offers a comprehensive range of services designed to support your mental health and well-being. Our goal is to make accessing care as easy and effective as possible, so you can focus on what matters most.

## → Certified Life Coaching & Counseling

Access to Certified Life Coaching & Counseling for a variety of personal and professional needs, including managing stress, career growth, relationship challenges, and family matters.

## → Solutions Paths

Get personalized Solutions Paths with step-by-step guidance, tools, and resources that adapt to your needs, providing continuous support to reach your goals.

## → Legal & Financial Resources

Access no-cost 30-minute legal consultations, 90-minute financial consultations, a library of tools and resources, and discounted rates for continued services.

## → Bree Video Library

Access guided meditations, relaxation videos, educational content, and weekly mood-boosting insights to enhance your focus and refresh your mind.

## → Virtual Concierge Services

Provides dedicated Personal Assistants to help with research, referrals, and information on child/elder care, travel, events, entertainment, relocation, and more.

## → Employee Discounts

Enjoy exclusive savings on events, entertainment, travel, shopping, experiences, and more through our partner, Working Advantage.

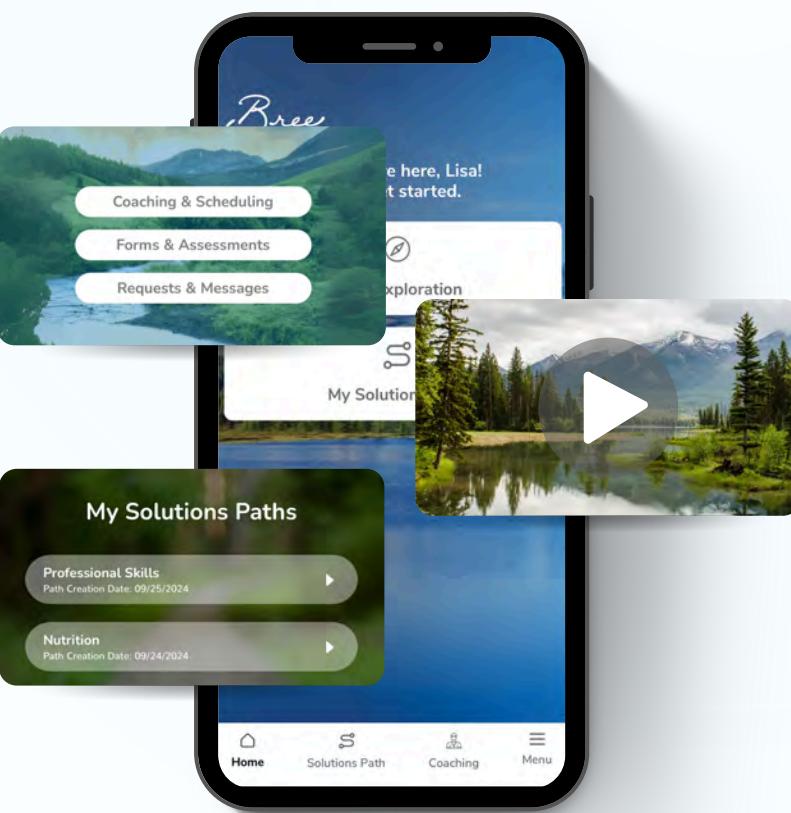
## → Health Advocacy

Get expert support navigating healthcare, from finding providers and managing billing issues to understanding insurance benefits and making informed care decisions.

# EFFORTLESS ACCESS TO EXPERT COACHING AND MENTAL HEALTH SUPPORT

## DISCOVER THE POWER OF THE BREE HEALTH APP

Take control of your mental health and well-being with the Bree Health App—your all-in-one solution for personalized, barrier-free access to essential support services. Whether you're managing stress, seeking mental health guidance, or navigating life's everyday challenges, our app is designed to make care effortless, accessible, and personalized to your needs.



## CONFIDENTIAL ASSISTANCE

We ensure that your information and identity is kept completely confidential – even from your employer. Exceptions occur only when members are at risk of harming themselves or others or when the welfare of a child is in question.

## BEGIN YOUR JOURNEY TO TOTAL WELL-BEING TODAY



### COMPANY ID:

Visit [login.breehealth.com](https://login.breehealth.com) or scan the QR code to download the app and take the first step toward a more balanced and fulfilling life.



## Confidential Certified Life Coaching and Counseling Services



Your mental well-being is the foundation of a healthy, fulfilling life. When challenges arise, early support can make a difference. Bree Health provides confidential Certified Life Coaching and counseling to help you navigate life's ups and downs with confidence.

- Professional Guidance:** Access Certified Life Coaches and counselors for stress, anxiety, relationships, career growth, and more.
- Flexible Sessions:** Schedule time with a Certified Life Coach through the Bree Health app, or connect with a mental health professional via phone, video, chat, or text—whenever and however works best for you.
- Personalized Care Matching:** Bree Health helps match you with the best mental health professional based on your specific needs and goals.
- Confidential & Secure:** Your privacy is protected under strict HIPAA guidelines, ensuring complete confidentiality.

Access Barrier-Free Mental Health Resources via the Mobile App.



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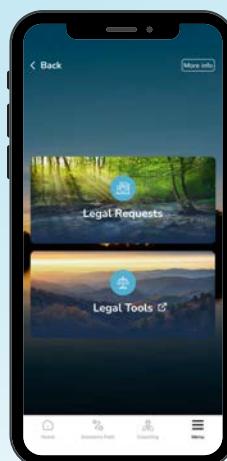
# Legal Resources



**Legal concerns can arise at any time, and Bree Health provides confidential legal consultations and resources to help you navigate important matters at no cost. Get expert advice from licensed attorneys on a wide range of personal and financial legal issues.**

- Expert Legal Consultations:** Speak with an attorney about wills, marriage and divorce, personal injury, small claims, landlord/tenant disputes, immigration, motor vehicle issues, and more.
- One Free Consultation Per Issue, Per Year:** Receive professional legal guidance tailored to your situation.
- Exclusive Legal Discounts:** If you retain an attorney after your consultation, you'll receive 25% off select additional legal services.

Log in to the Bree Health Mobile App for legal tools and resources.





# Financial Resources



**Managing finances can be challenging, but Bree Health provides expert financial consultations and resources at no cost to you. Get guidance on a wide range of financial topics to help you plan, save, and manage debt effectively.**

- One-on-One Financial Consultations:** Speak with a financial professional about budgeting, debt management, bankruptcy, student loans, credit issues, and more.
- Free 90-Minute Consultation Per Issue, Each Year:** Receive personalized advice, answers to your questions, and a customized action plan.
- Financial Tools & Resources:** Access budgeting calculators, educational webinars, and other financial planning tools through the Bree Health web portal and mobile app.

Log in to the Bree Health Mobile App for financial tools and resources.





# Support for Caregivers & Families



**Caring for children or aging loved ones can be rewarding but also overwhelming. Bree Health provides confidential and 24/7 support to help you navigate childcare and eldercare challenges, ensuring you and your family receive the care and resources you need.**

- **Comprehensive Childcare Support:** Get detailed information on daycare centers, backup care options, schools, tutoring services, after-school programs, and local activities.
- **Expert Eldercare Resources:** Access guidance on home health care, housekeeping assistance, assisted living options, retirement homes, and disease management. Find trusted doctors, nursing homes, and healthcare services.
- **Mental Health & Caregiver Support:** Speak with a mental health professional to help manage the emotional and logistical stress of caregiving.
- **Easy & Convenient Access:** Explore Bree Health's resources through our web portal and mobile app for seamless support anytime, anywhere.

**Start a Virtual Concierge Request via the Bree Health Mobile App.**



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# Personalized Support for Everyday Life



**Bree Health's Virtual Concierge Services save you time by providing research and recommendations for a wide range of everyday needs. Whether you're planning a trip, looking for family care resources, or relocating, our expert support helps simplify the process.**

- **Travel Planning:** Compare airfares, hotel rates, cruise options, and car rentals to find the best deals for your next trip.
- **Family Care Support:** Find trusted resources for childcare, including pediatricians and after-school programs, as well as eldercare services like home health care and assisted living options.
- **Relocation Support:** Research real estate listings, school districts, and moving services to make your transition easier.
- **Pet Care Services:** Locate veterinarians, pet sitters, and pet-friendly hotels to ensure your pets are well cared for.

**Access Barrier-Free Tools & Support via the Mobile App.**



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# Stress Management Strategies



**Stress is a natural part of life, but learning how to manage it can improve your well-being, productivity, and work-life balance. Bree Health provides practical strategies and expert support to help you navigate stress in healthy and effective ways.**

## Tips to Reduce Stress:

**Manage Your Time:** Keep a schedule, prioritize tasks, and tackle the most difficult ones first to build momentum.

**Control Your Environment:** Identify sources of stress and reframe situations by focusing on the bigger picture.

**Laugh More:** A good laugh can boost mood, relax muscles, and ease stress. Watch something funny or keep a lighthearted desk calendar for tough days.

### **Maintain a Healthy Lifestyle:**

Regular exercise increases energy, improves mood, and significantly reduces stress levels.

**Reward Yourself:** Plan enjoyable activities like vacations, weekly outings, or quiet time to stay motivated and refreshed.

**Get Enough Rest:** Prioritize sleep and take breaks as needed to recharge, maintain mental clarity, and improve focus throughout the day.



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# Enhance Your Well-Being with Mindfulness



Bree Health's provides personalized guidance to help you cultivate mindfulness practices that improve focus, resilience, and emotional balance. Whether you're managing stress, navigating life changes, or building healthier thought patterns, our Solutions Paths, Video Library, and expert coaching will support your journey.

- Mindfulness for Stress Relief:** Follow guided exercises and structured Solutions Paths designed to help you manage stress and enhance emotional resilience.
- Focus and Clarity:** Utilize tools like the Bree Video Library to improve concentration and productivity with expert-led mindfulness techniques.
- Building Healthy Thought Patterns:** Learn strategies to manage negative thinking and foster a balanced mindset through personalized coaching and self-guided resources.
- On-Demand Mindfulness Tools:** Access guided meditations, breathing exercises, and expert-curated content anytime, anywhere to support your well-being.

Access Barrier-Free Certified Life Coaching via the Mobile App.



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# Guided Nutrition Support for a Healthier You



Your well-being starts with the choices you make every day. Bree Health's Certified Life Coaches are here to help you set and achieve realistic physical well-being goals, build healthier habits, and find balance in your daily life.

- Nutrition and Mental Well-Being:** Learn how diet influences your mood, energy, and stress levels with expert-backed strategies for mindful eating.
- Building Sustainable Healthy Habits:** Develop a personalized plan to incorporate nutritious choices into your routine while addressing challenges like stress-related eating.
- Guidance and Support When You Need It:** Work with a Certified Life Coach to stay accountable, overcome obstacles, and build confidence in your well-being journey.
- On-Demand Wellness Tools:** Access a growing library of self-guided resources, including meal-planning tips, nutrition guides, and expert insights to support your goals.

Access Barrier-Free Certified Life Coaching via the Mobile App.



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# Support for Quitting Tobacco & Nicotine



If you're ready to quit smoking, vaping, or using nicotine products, Bree Health provides expert guidance and personalized support to help you succeed. Our Certified Life Coaches offer tailored strategies, stress management techniques, and self-guided tools to make your journey easier.

- **Personalized Quit Planning:** Work with a Certified Life Coach to develop a step-by-step quit plan tailored to your goals and lifestyle.
- **Stress & Cravings Management:** Access proven techniques and resources to handle cravings, reduce stress, and avoid relapse.
- **Ongoing Motivation & Support:** Utilize Bree Health's Solutions Paths and Video Library for continuous guidance, encouragement, and expert-driven strategies.
- **Educational Resources & Tools:** Access expert-backed materials, including information on nicotine replacement options and cessation aids, to support your quitting journey.

Access Barrier-Free Tools & Support via the Mobile App.



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