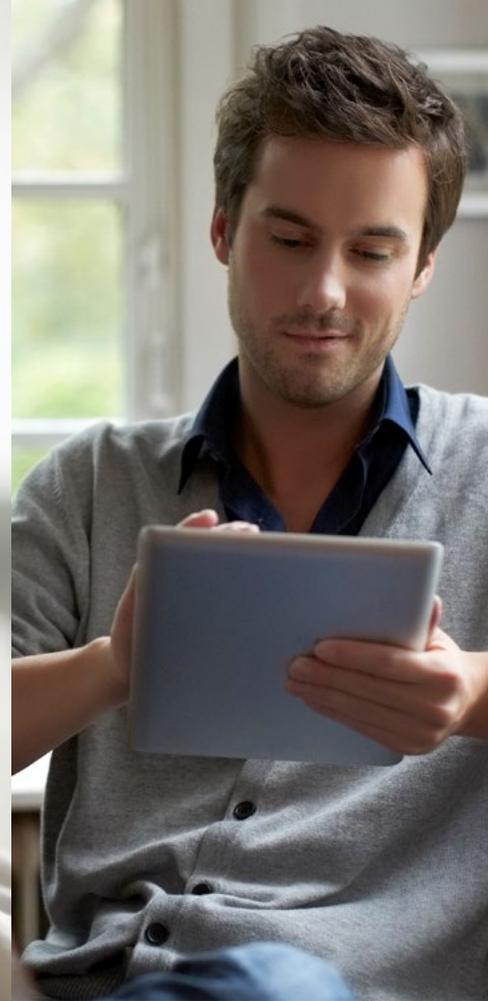
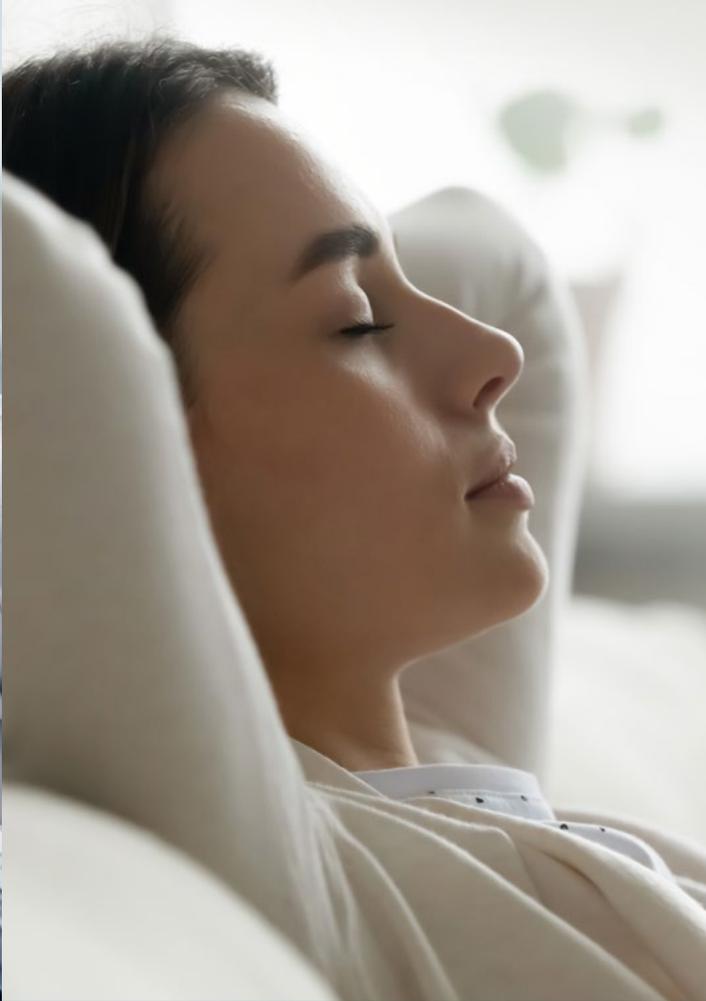




# LivingEasy

## Stress Reduction



### CREATE CALM AND BUILD RESILIENCE.

A psychology-based online training course that teaches participants to transform emotionally disruptive events into a source of empowerment to quickly bounce back and thrive.

#### WHAT'S INSIDE

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Reason to Say "Yes" to This Program | p. 2 – p. 4
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# Organizations pay a hefty price for unhealthy behaviors.

The inability to process stressful situations in a healthy way costs organizations a fortune—in absenteeism, lost productivity, and higher medical claims. Unfortunately, this behavior is difficult to change because it is tied to emotions stored in an area of the brain that resists standard techniques.



**We don't change what people do.  
We change how they think.**

Our proprietary process gets to the root of unhealthy habits, changing people's beliefs and deepest subconscious thoughts. If your wellness program isn't significantly "moving the needle" with individuals struggling with stress management, our program is the missing link. A few short weeks yield a powerful transformation that helps participants maintain genuine, lasting behavioral change for improved outcomes.

**LivingEasy uses cognitive science to elevate emotional wellness.**

Our evidence-based training process transforms participants' emotional and behavioral responses. Stressful events and relationships become sources of power, freedom, and control instead of frustration, hopelessness, or despair.

*"Very meaningful in the stressful environment of a corporate software research and development lab. This class actually changed the course of my life." – LivingEasy Participant*

A scientific solution  
from trusted  
behavior-change  
experts.



## The issue at the root of poor stress management and low resiliency is emotional, not practical.

When someone deals with stress poorly, they unconsciously train parts of their brain to keep dealing with stressful situations in the same self-defeating manner—even though the result is detrimental.

Our evidence-based training provides the knowledge, cognitive skills, and tools needed to:

- A. Retrain the brain** to respond to stressful situations by using them as a source of empowerment instead of disruption and pain,
- B. Take control** of the situation in a productive manner.

The result is improved resiliency, genuine, lasting behavioral change, and a higher quality of life.

*“The program was very helpful and I needed it more than I thought I did. I did it for points on insurance but the benefit was way above just the points received. I have been able to better look and assess my stressors better than ever before. Great course!”*

– LivingEasy Participant

# We make it simple to participate and stay on course.

LivingEasy features highly engaging prerecorded video instruction from a board-certified physician and a cognitive-behavioral training expert. The training sessions simulate a live coaching experience and are private, convenient, and effective.



- ▶ Mobile access and companion app
- ▶ Video instruction from expert instructors
- ▶ Interactive tools and support content
- ▶ Reminders and push notifications
- ▶ On-demand participant support

## Easy to implement, customize, and scale.

LivingEasy provides an easy-to-share solution for individuals, organizations, and healthcare providers, and we set you up with plenty of features to make sure your program is a success.

Companies have the option to include all Engagement Rx content, or pick and choose the components that matter most for them. Our health and well-being solution includes our cognitive-based digital learning platform with:

- ▶ White-label options
- ▶ Comprehensive reporting capabilities available 24/7
- ▶ Automated data feeds for integration into incentive campaigns
- ▶ Seamless integration with existing portals
- ▶ Multi-Tenant SaaS architecture
- ▶ HIPAA, ISO 27001, GDPR, WCAG 2.0 Level AA compliance
- ▶ On-demand client support available

**Humana**



**bravo**

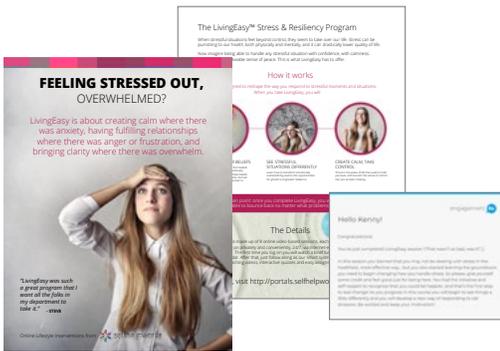


### Trusted by leading organizations.

20+ years' experience creating cognitive-based programs leveraged by some of the world's top health and wellness providers.

# We take the stress out of company health and wellness.

## Course Features and Support Resources



## Customizable Promotional Collateral

Drive participation in the LivingEasy course with high-quality, customizable collateral.

- ▶ Attractive, full color 8½" x 11" two-page pdf flyer with the portal login URL
- ▶ Customizable email templates for launching the course

## Support Services

You can be confident that you will always have access to quality support, included at no additional cost.

- ▶ **Participant Support**  
Our customer service team is always ready to help
- ▶ **Client Support**  
Clients can be worry-free with 24/7 technical support and a dedicated account manager

## Portal Features

The LivingEasy course can be quickly and easily integrated into your existing environment.

- ▶ Companion mobile app (Android and iOS)
- ▶ Push notifications and reminders
- ▶ Suite of configurable tools and trackers
- ▶ Key-to-Success cards
- ▶ Curated article and video library
- ▶ Completion certificates

## Robust Reporting

HIPAA-compliant, real-time participant progress and completion reporting is available online, 24/7, to the client's designated LivingEasy administrator(s). Automated data feeds are also available for integration into incentive engines or coaching platforms.



# Course Overview and Instructors

## Session Listing

8

Sessions

3

Weeks

2-3

Hours  
per week

### **Session 1. Time to Steady the Ship**

LivingEasy doesn't keep the storms from coming but shows you how to remain calm and confident when they do.

### **Session 2. You Are Shielded**

We all have natural protectors in life. Learning how to utilize and care for them is key.

### **Session 3. There Are Two Main Ways We Cope in Life**

When we rely too much on one natural protector, we tend to become stuck.

### **Session 4. We Spent More Time "Above the Line" as Children**

So how do we recapture that mindset while still taking responsibility in life?

### **Session 5. Are You Ready for Your Close-up?**

Have a seat and begin filming the movie of your life as you want it to be, scene by scene.

### **Session 6. Two Questions**

Ask yourself these questions whenever a new stress-producer pops up.

### **Session 7. It's Time to Get Off Auto-pilot**

Past beliefs create knee-jerk, automatic reactions to situations in the present.

### **Session 8. Being Connected**

Embrace the eight characteristics of being a Self-Leader to connect with yourself and others.

## Course Instructors



### **Dr. Diane L. Hambrick**

guides participants throughout the course and provides them with all the knowledge needed for success. Dr. Hambrick is a longtime family medicine practitioner based in St. Helena, CA specializing in addiction management and mental health.



### **Lou Ryan**

is a personal coach and cognitive training expert with over 30 years of experience helping people create healthy behaviors. He has helped thousands of people gain control over alcohol, tobacco, and stress, and he helps participants transition to a more calm, peaceful, and empowered life.

# How Does LivingEasy Make an Impact?

## What's the cost?

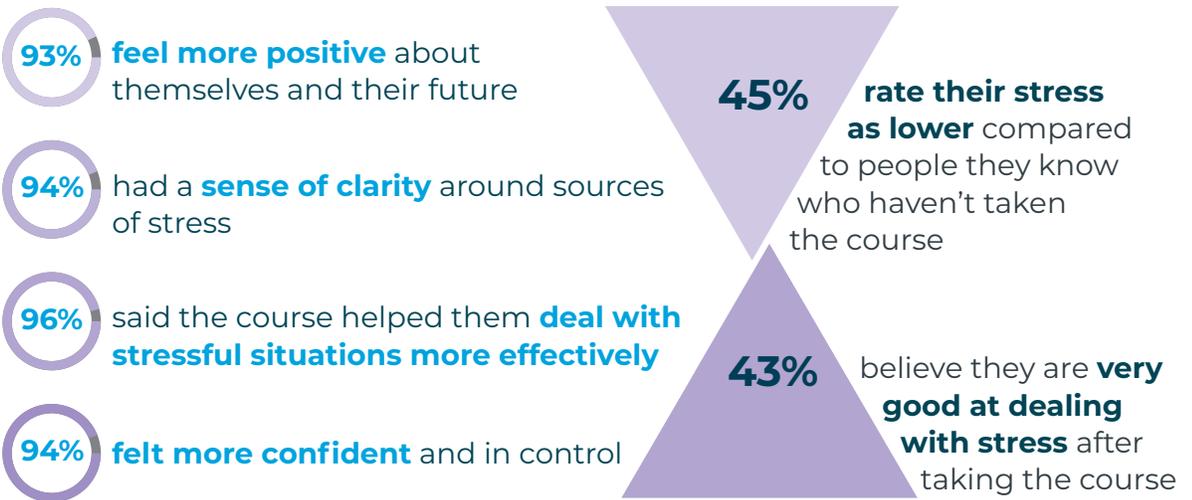
Stress costs U.S. businesses an estimated **\$300 billion** a year<sup>1</sup>

### Top causes of stress



## The numbers tell a story of healthier outcomes

We wanted to know: How does LivingEasy impact participants? We surveyed over 7,500 participants over 6 months, and the results show real, measurable change.



### COURSE RATINGS



**95%** would recommend this course to friends & family

<sup>1</sup><http://www.apaexcellence.org/resources/special-topics/work-stress>

# Avidon Health: Dynamic content to...

Personalize care | Boost compliance | Encourage prevention  
Sustain outcomes | Manage populations | Improve health | Deliver results

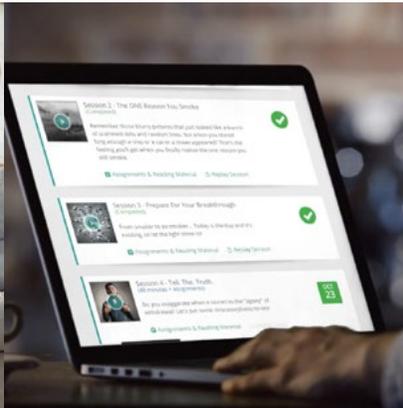
## Empowering people to live healthier lives

We believe people can make positive life changes when they have access to the right tools at the right time. That is why we are so committed to delivering solutions that aren't just effective, but also fit the hectic lifestyles of our modern world.

## About Avidon Health

Avidon is a team of behavior change and technology experts who help people to make positive life changes by focusing on the individual, not just the condition. Avidon launched in 2020 following MedPro Wellness' acquisition of SelfHelpWorks, which brought together more than 20 years of proven health coaching and cognitive behavioral training expertise. Our solutions are now driving a revolution in personalized care that is enabling clients to reimagine the way they connect with and enhance the lives of their diverse populations.

Learn more at: <https://www.avidonhealth.com>



96%

Would recommend  
our programs

20+

Years of content,  
coaching, technical expertise

100k

Helped with real  
human coaching

1 Million+

Course users  
empowered