



EMPLOYEE ORIENTATION

UNDERSTANDING THE RANGE OF
SERVICES AVAILABLE THROUGH
YOUR TOTAL WELL-BEING BENEFIT

MEMBER SERVICES: 1.800.327.2255

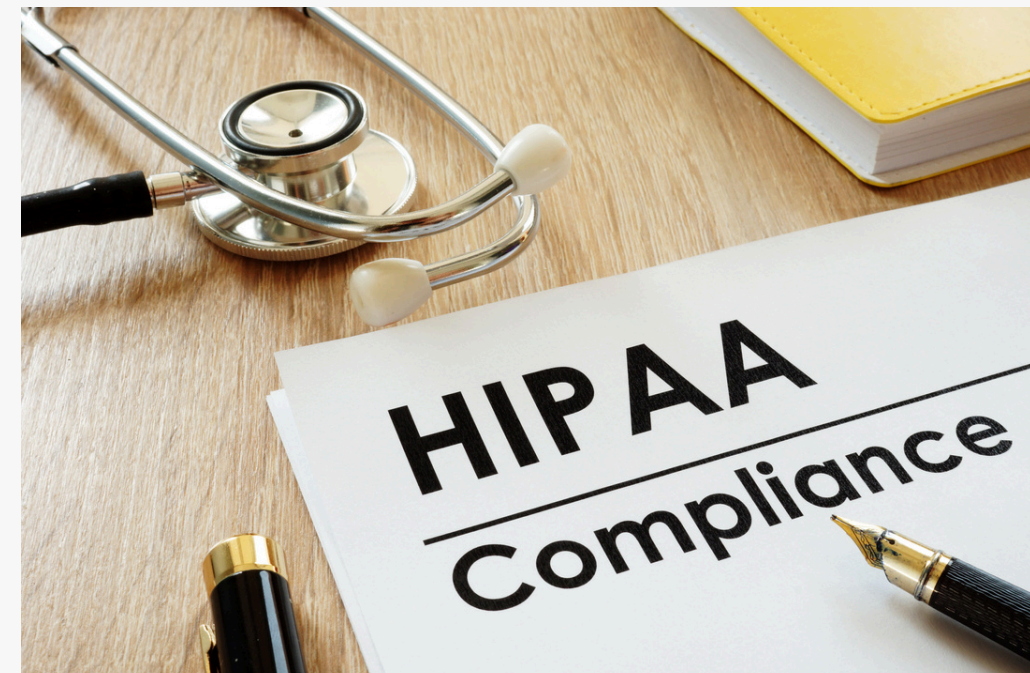
CONFIDENTIALITY & DATA SECURITY

Bree Health is a no-cost, confidential benefit available 24/7/365 via mobile app, offering resources to support employees and eligible family members with stress, life events, mental well-being, work/life balance, and more.

No information about use of **Bree Health** can be reported unless required by law, or approval is given by the member.

Legal exceptions include:

- ▶ Threats to harm oneself
- ▶ Threats to harm others
- ▶ When the safety or welfare of a child is in question



Bree Health's SOC 2 Type II compliance underscores its commitment to operational excellence and data security.

Bree Health adheres to HIPAA standards, upholding the highest level of confidentiality in health information management.



**SOC 2
TYPE II
CERTIFIED**

WHO IS ELIGIBLE FOR



Bree Health extends its services to family members to ensure comprehensive support, recognizing that an your well-being is deeply interconnected with the health and stability of your loved ones.



Partner

A Member's Spouse or Domestic Partner



Dependent Children

A Member's Dependent Children Up to Age 26



Living in the Household

A Member's Unmarried Children, Regardless of Age, Residing with the Employee Who are Mentally or Physically Incapable of Earning Their Own Living

ACCESSING YOUR MENTAL HEALTH SERVICES

- ▶ Connect with **Bree Health** in the way that is most convenient for you! Referrals will be provided in the same manner that you contact **Bree Health**.
- ▶ While EAP's are designed to assist with short-term needs, **Bree Health** will assist members in finding long-term solutions, such as those covered by an insurance plan or available through community-based resources.

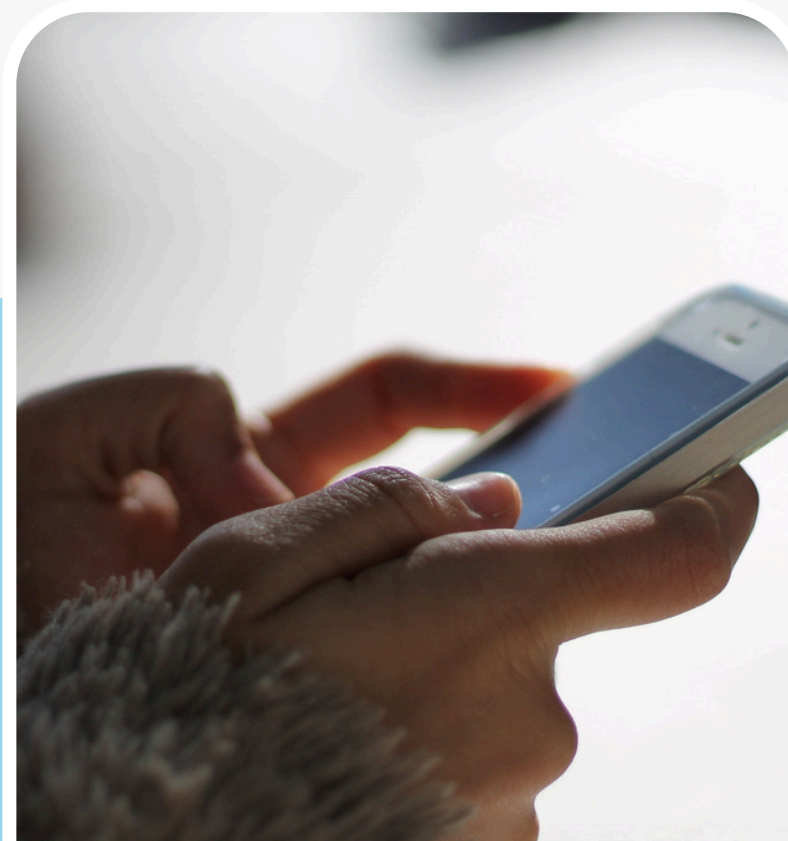
01

CALL THE 1-800 NUMBER
AVAILABLE 24/7



02

TEXT THE 1-800 NUMBER
MONDAY – FRIDAY,
8 AM – 8 PM EASTERN



03

WEB OR APP:
SCHEDULE DIRECTLY
WITH A LIFE COACH



04

LIVE CHAT VIA WEB OR
APP: MONDAY – FRIDAY,
8 AM – 8 PM EASTERN



BENEFITS OVERVIEW



MENTAL HEALTH COACHING & COUNSELING

Bree Health offers professional support for a variety of concerns, including:

- ▶ Stress and Anxiety
- ▶ Physical Well-being
- ▶ Life and Career Goals
- ▶ Depression
- ▶ Marriage and Relationships
- ▶ Grief or Bereavement

FREE SESSIONS

5 free sessions with a Certified Life Coach or Counselor for each separate issue that arises throughout the year.

IN-THE-MOMENT SUPPORT

In-the-moment support and immediate connection to counselor is available if you need to speak with someone.

BARRIER-FREE

Services are available in-person, via video conference, or over the phone, providing flexible options to fit your schedule and preferences.

EFFORTLESS SCHEDULING

Schedule a session with a certified coach through the mobile app or web portal, giving you quick and convenient access to personalized support.



Counseling	Coaching
Licensed	Certified
Mental Illness	Mental Well-Being
Needs causing significant disruptions on everyday life	Concerns impacting general well-being
Reduce symptoms, improve mental health and well-being	Promote general well-being and support positive mental health
Reactive	Proactive
Past, present, and future (needs)	Present and future (wants)
Approach varies depending on individual circumstances and member needs	Approach varies, but is primarily solution focused, action-oriented and goal-directed
<p>Clinical</p> <p>Examples: Generalized anxiety disorder, OCD, traumatic incidences, substance abuse disorders, panic disorders, eating disorders, etc.</p>	<p>Non-Clinical</p> <p>Thoughts and behaviors that are hard to control, anxiety, adjustment-reaction needs, weight/food issues, etc.</p>

HEALTH ADVOCACY SERVICES

Members can submit Health Advocacy Requests to get assistance on the various challenges surrounded healthcare and health insurance including:

- ▶ Billing Issues
- ▶ Claims Advocacy
- ▶ Appeals Support
- ▶ Benefit Education
- ▶ Navigating Insurance Plans
- ▶ Prescription Drug Coverage

Bree Health's Health Advocates are specialists at navigating, resolving, and assisting members with the complexities of the healthcare industry.

Submit and track requests through the **Bree Health** website or mobile app.



FINANCIAL RESOURCES

Members can access one 90-minute telephonic consultation with a financial professional at no-cost, per unique issue, per year.

Assistance and resources can be provided on matters including:

- ▶ Billing Issues
- ▶ Claims Advocacy
- ▶ Appeals Support
- ▶ Benefit Education
- ▶ Navigating Insurance Plans
- ▶ Prescription Drug Coverage

Additional consultations for the same matter within one year can be provided for a fee, but are available at a discounted rate.



LEGAL RESOURCES

Members can access one 30-minute telephonic consultation with an attorney or legal professional at no-cost, per unique issue, per year.

Assistance and resources can be provided on matters including:

- ▶ Drafting a Will
- ▶ Purchasing a Home
- ▶ Small Claims
- ▶ Family Law
- ▶ Medical Malpractice
- ▶ Landlord/Tenant Disputes

Members are eligible to receive a 25% discount on select additional services post-consultation.

DISCLAIMER: **eni** will not provide any assistance for legal matters involving employment law practice, such as lawsuits or legal action against your employer.



VIRTUAL CONCIERGE

Bree Health's Life Service Navigators are work/life experts who can provide information on a wide range of topics.

LSN's will help address day-to-day responsibilities or major life events including:

- ▶ Childcare and Eldercare
- ▶ Event Planning
- ▶ Vacation Planning
- ▶ Relocation Support
- ▶ Finding Contractors
- ▶ Tutors



WEB AND MOBILE ACCESS

Bree Health offers a personalized approach to mental health and life services, providing members with immediate access to a vast array of well-being resources.



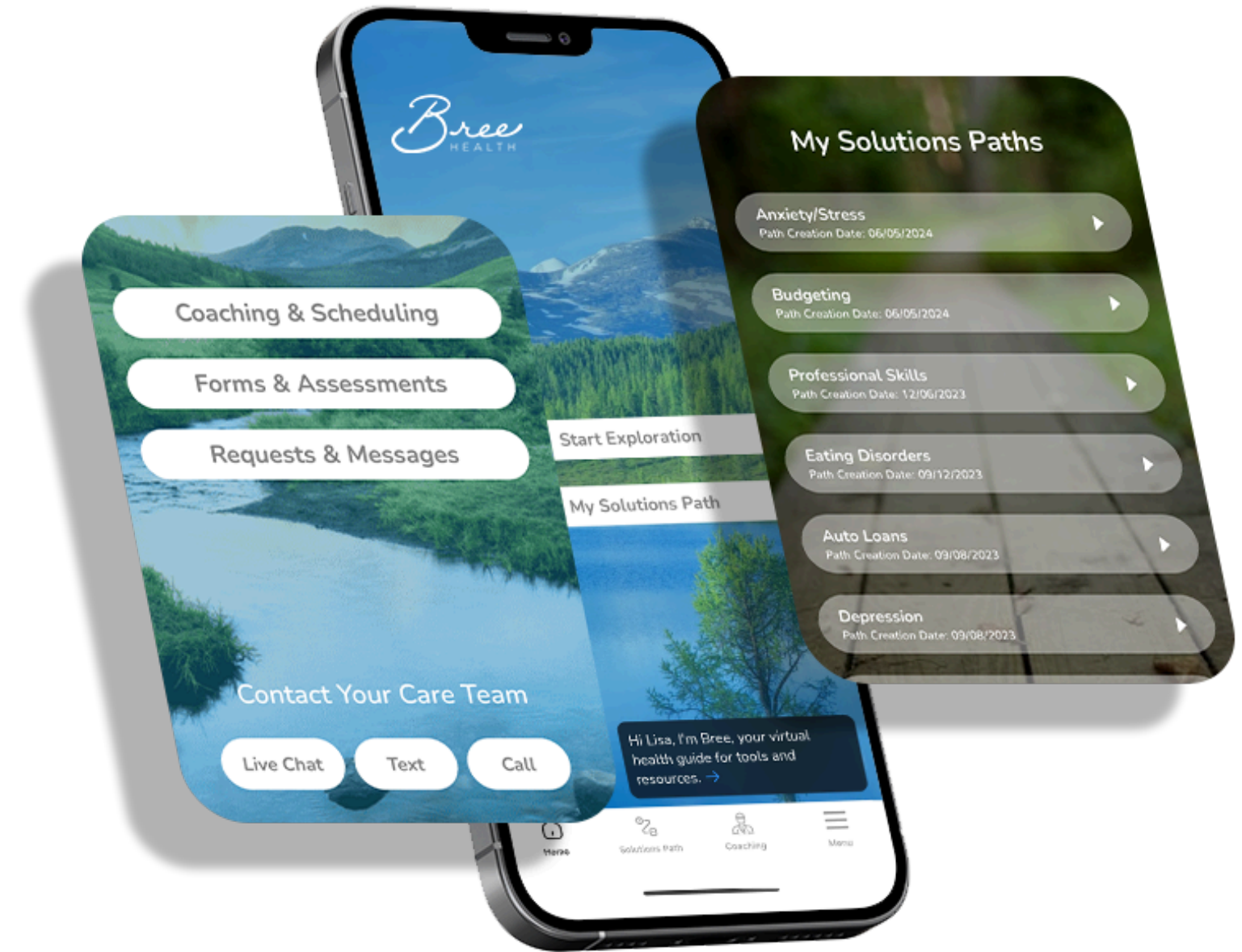
WEB PORTAL

login.breehealth.com



MOBILE APP

Bree Health



E-LEARNING

Online access to interactive training courses and tools to promote personal and professional development.

e-Learning course topics include:

- ▶ Leadership and Management
- ▶ Effective Communication
- ▶ Time Management
- ▶ Conflict Resolution
- ▶ Customer Service
- ▶ Safety Compliance

Each course has a test and certificate of completion used to verify that a member has completed a specific training or course.



SOLUTIONS PATHS

Solutions Paths are your personalized guide to tackling life's challenges and achieving your goals.

WHAT ARE SOLUTIONS PATHS?

Curated, AI-guided journeys tailored to your unique challenges and goals, combining articles, videos, podcasts, and more to support you through life's hurdles.

HOW THEY HELP:

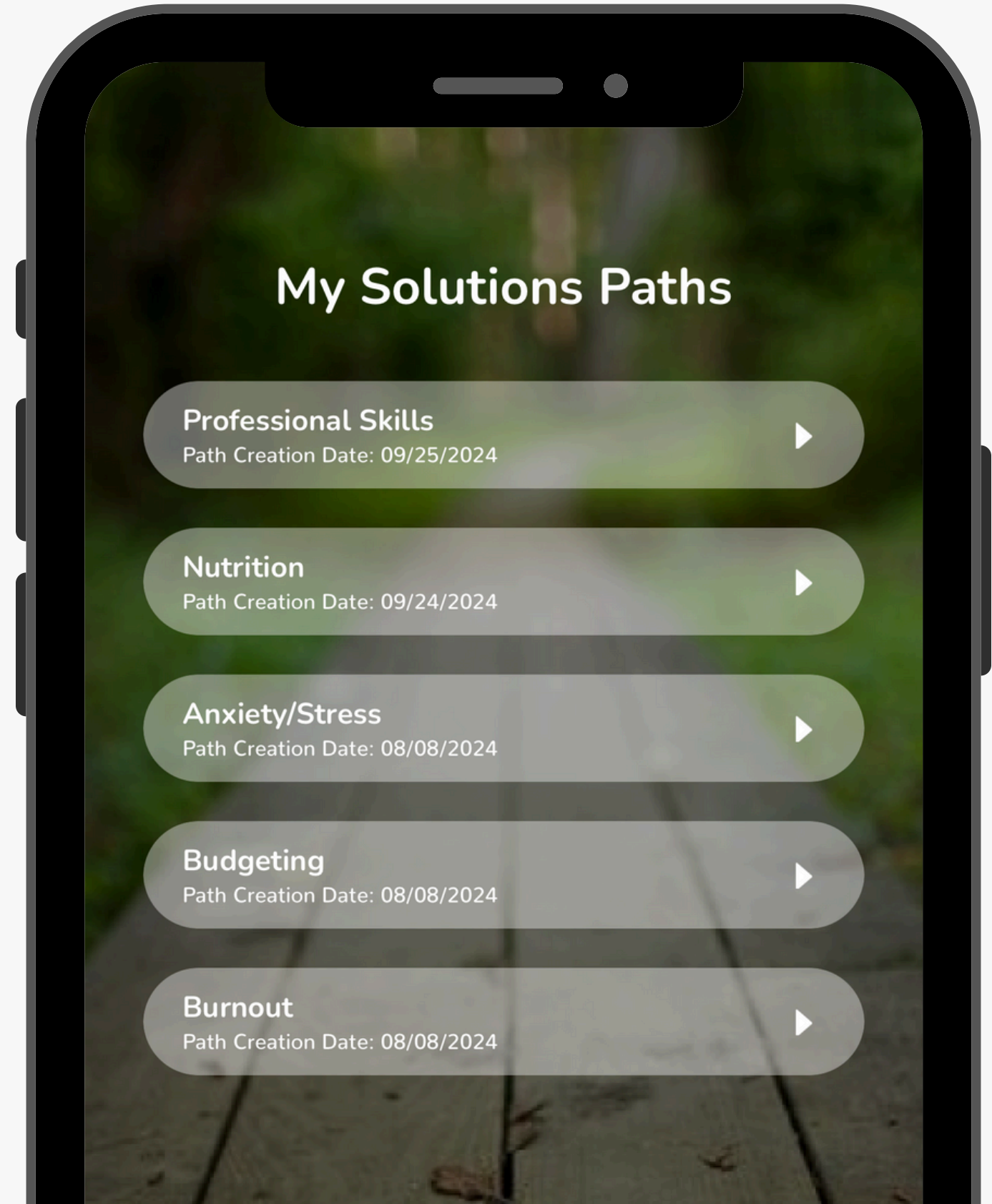
Address areas of well-being including mental health, family, finances, career, and physical well-being with customized resources designed to empower and uplift.

STAY MOTIVATED:

Track progress, receive encouraging messages, and connect seamlessly with additional relevant resources available through **Bree Health**.

GET STARTED:

Log in via the **Bree Health** portal or mobile app to explore your personalized Solutions Path today!



ENTERTAINMENT DISCOUNTS

Get discounts of up to 60% off through the Working Advantage discount program.

ENTERTAINMENT

Save up to 60% on movie tickets, theme parks, ski resorts, hotels, museums, zoos, attractions, aquariums and more!

THEATRE & EVENTS

Find great seats and super deals on a huge selection of Tony Award®-winning Broadway shows, family events, concerts and sporting events nationwide.

SHOPPING & GIFTS

Working Advantage has partnered with your favorite online retailers to bring you excellent discounts on apparel, books and music, electronics, office supplies, flowers, food, and home goods.

EARN REWARDS

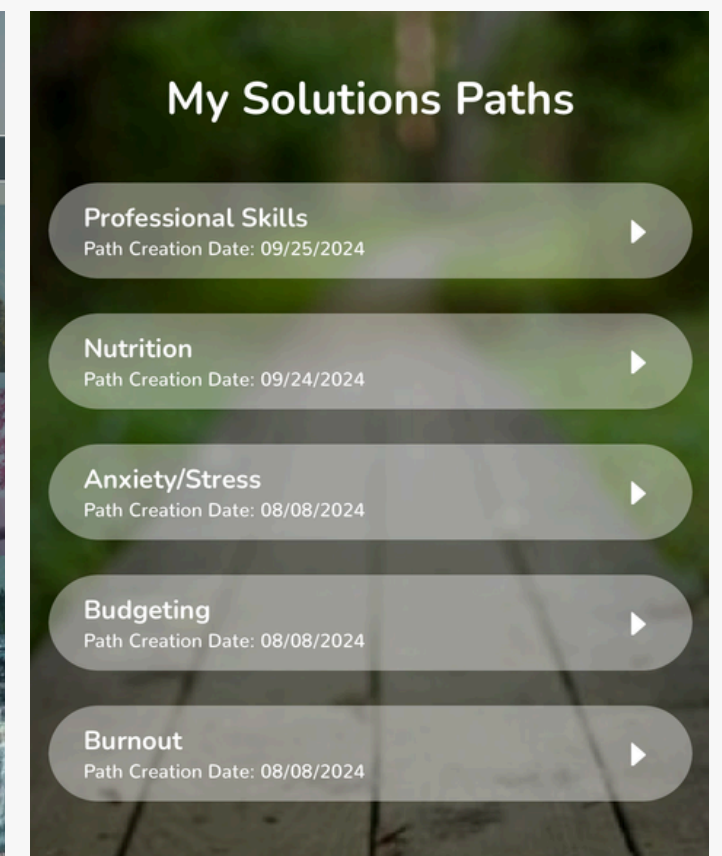
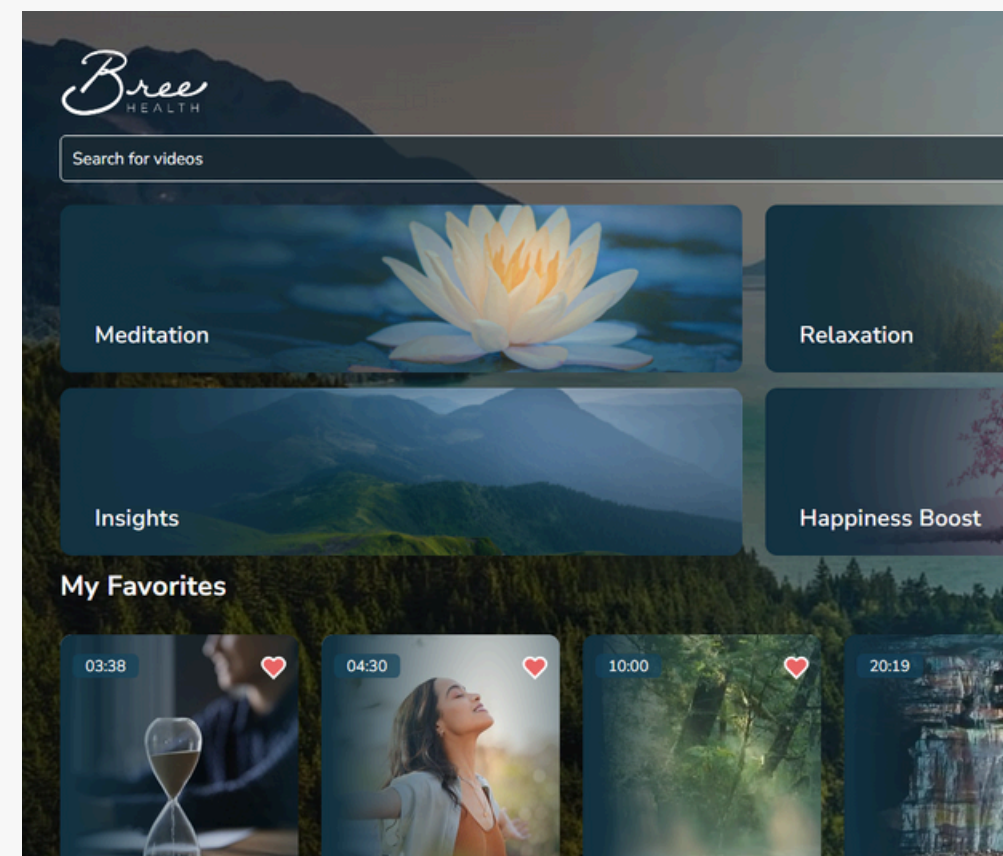
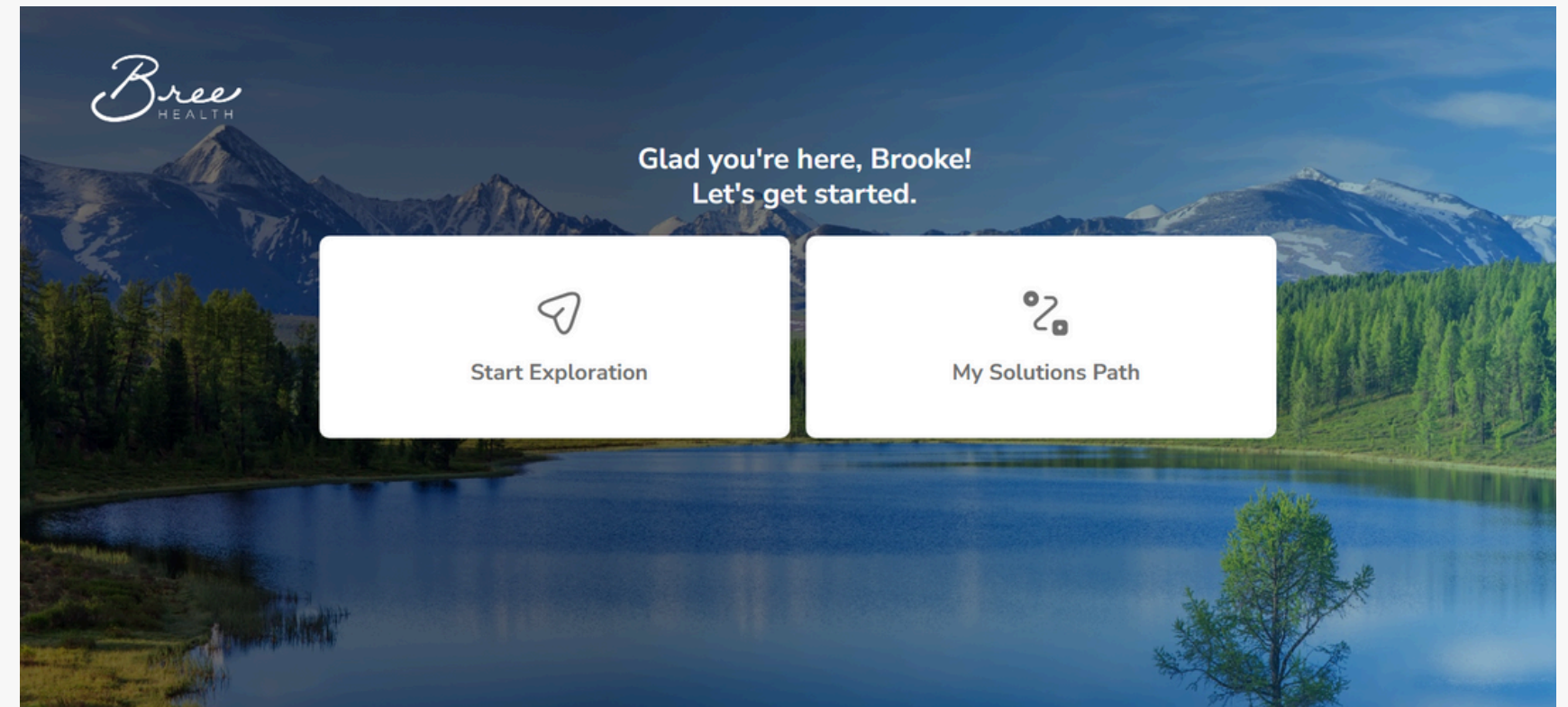
Look for the Advantage Point symbol and earn points to be redeemed for movie tickets, gift cards, and more.





SUMMARY

- ▶ Coaching & Counseling Services
- ▶ Legal Consultations
- ▶ Financial Consultations
- ▶ Virtual Concierge
- ▶ Health Advocacy
- ▶ e-Learning Courses
- ▶ Solutions Paths
- ▶ 100% HIPAA Compliant
- ▶ 1-800-EAP-CALL
- ▶ login.breehealth.com
- ▶ Mobile App: Bree Health



A scenic landscape featuring a calm blue lake in the foreground, a dense green forest in the middle ground, and a range of rugged mountains with patches of snow in the background under a clear blue sky.

Bree
HEALTH

THANK YOU