



CASE STUDY: COMPREHENSIVE WELL-BEING SUPPORT FOR A LEADING NONPROFIT HOSPITAL



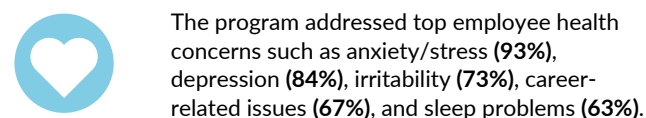
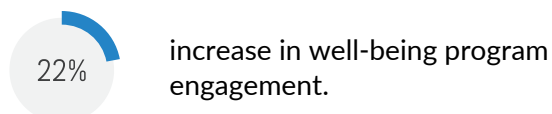
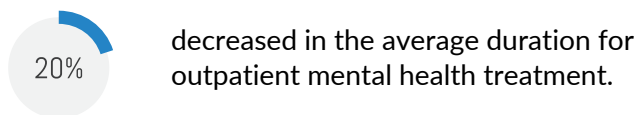
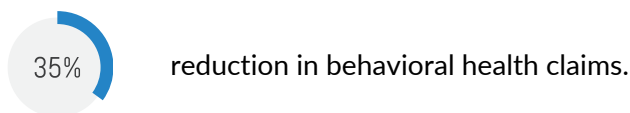
Our client is a nonprofit hospital, recognized as one of the most distinguished hospitals in the United States. With a commitment to innovative research and a highly skilled staff, the hospital prioritizes the well-being of its employees as a key asset. Since 2011, the hospital has partnered with **Bree Health** to provide comprehensive well-being support. Today, **Bree Health** serves over 15,000 hospital employees, helping them navigate the demands of their professional and personal lives with accessible, high-quality resources.

CHALLENGES

The hospital faced several critical challenges that impacted the well-being and productivity of its staff:

- **Emotional Strain:** The demanding nature of medical work placed a heavy emotional burden on staff, leading to significant stress.
- **Unhealthy Coping Strategies:** Some employees turned to unhealthy habits, such as smoking, as a way to manage stress.
- **Continuous Support Needs:** Employees required 24/7 access to support for managing trauma, grief, and the emotional toll of their work.
- **Limited On-Site Resources:** The hospital faced gaps in on-site resources, making it difficult to provide sufficient support in a high-pressure environment.

RESULTS



SOLUTIONS

- **24/7 Access:** Employees had round-the-clock access to licensed counselors and support services through a toll-free number and mobile platform, ensuring immediate assistance for stress and mental health concerns.
- **Comprehensive Well-Being Support:** Bree Health addressed personal, professional, and emotional challenges, enhancing overall well-being and job performance.
- **Enhanced Communication:** The mobile platform and virtual concierge facilitated better engagement, ensuring employees were well-informed about their benefits.
- **Holistic Resources:** Employees benefited from counseling, child and elder care support, health advocacy, and well-being programs, helping them manage both work and personal responsibilities effectively.
- **Proactive Health Advocacy:** Health Advocates assisted employees in navigating health plans and managing healthcare claims, reducing stress and improving their healthcare experience.

TOP 5 EMPLOYEE HEALTH CONCERNS ADDRESSED:

1. Anxiety/Stress: 93%
2. Down or Depressed: 84%
3. Irritability: 73%
4. Career: 67%
5. Sleep: 63%