

## The Happify CoreWellness Program for Healthcare Professionals

The physical and mental stress felt by physicians and healthcare professionals has always been high, but has risen to new levels during this time of global pandemic. In response, CaseNetwork and Happify Health have collaborated to create Happify CoreWellness, a new program that helps physicians and healthcare professionals develop the skills they need to manage stress and build emotional resilience, so they can maintain their own health while fighting to maintain the health of others.

### Why It Matters - Today's Challenges



**78%** of physicians report feeling burned out<sup>1</sup>



**7%** national average turnover rate for physicians<sup>3</sup>



**64%** of physicians will not seek care for burnout or depression<sup>2</sup>



**\$500,000 - \$1,000,000** average cost to replace one physician<sup>4</sup>

#### BETTER MENTAL SELF-CARE MEANS BETTER "OTHER CARE"

- Reduces impact of burnout and depression on patient care
- Provides a highly personalized, relevant experience for healthcare professionals
- Meets needs "in the moment" and fits into hectic lifestyles
- Maintains privacy and removes fear of stigma
- Establishes trust through the science- and evidence-based foundation

#### INCREASE RESILIENCE. REDUCE TURNOVER.

- Meets the diverse mental health needs of physicians and health care professionals that may otherwise go unmet
- Tailored to the unique conditions of the healthcare profession
- Drives skill development for sustained behavior change
- Easily deployed, accessible and scalable
- Trusted solution based in science with proven, published results

1. <https://www.hsph.harvard.edu/news/press-releases/leading-health-care-organizations-declare-physician-burnout-as-public-health-crisis/>

2. <https://www.medscape.com/slideshow/2019-lifestyle-burnout-depression-6011056#2>

3. <https://www.annfammed.org/content/17/1/36.full>

4. <https://member.aappr.org/general/custom.asp?page=696>

# Program Features

Happify CoreWellness includes 15 tracks



Build Resilience for Challenging Times



Stop the Worry Cycle



Mindful Eating: Change Your Relationship with Food



Overcome Your Negative Thinking



Happiness Shortcuts for the Ultra-busy



Get the Best Sleep of Your Life



Care Providers: Your Well-being Matters



Get Energized About Your Job



Defeat Your Inner Critic



Defeat Stress in Your Daily Life



Motivation Tricks to Get Fit



Overcome Your Insecurities and Build Confidence



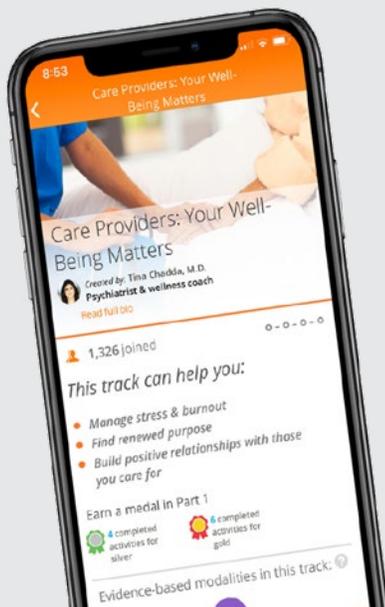
Resolve Conflict at Work



Your Anxiety Antidote: Mindful Meditation



Beat Loneliness and Feel More Connected



## Other Program Features Include:

### Multi-discipline therapies

Happify CoreWellness incorporates the best evidence-based practices from multiple behavior change disciplines such as Cognitive Behavioral Therapy, Positive Psychology, Mindfulness and others.

### Access to a variety of science-based, self-care tools including:



Instant Play Games and Activities



Guided Meditations



Happify Daily



Happify Community

## Demonstrated Results

In a recent randomized controlled trial, study participants who used designated tracks at the recommended level, saw almost double the improvement of all other study participants.<sup>5</sup>

	All Others	Study Participants
Increase in Resilience	11%	<b>21%</b>
Decrease in Depressive Symptoms	13%	<b>25%</b>
Decrease in Anxiety	13%	<b>25%</b>

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5. Study was performed with participants having access to the full Happify platform which included but was not limited to the tracks listed above with the exception of two tracks, *Building Resilience for Challenging Times* and *Resolve Conflict at Work*. These tracks were not yet created and therefore not available at the time of the study. The study, "Testing a Scalable Web and Smartphone Based intervention to improve Depression, Anxiety, and Resilience: A Randomized Controlled Trial," was published in the International Journal of Wellbeing, 8(2), 22-67, doi:10.5502/ijw.v8i2.745.

Happify CoreWellness is to be used with, not as a replacement for, professional health care and medical services. We do not diagnose, treat or cure diseases or mental health problems or conditions. Happify CoreWellness should never be used as a substitute for the advice of a licensed health care provider or medical professional.