



RethinkCare

for

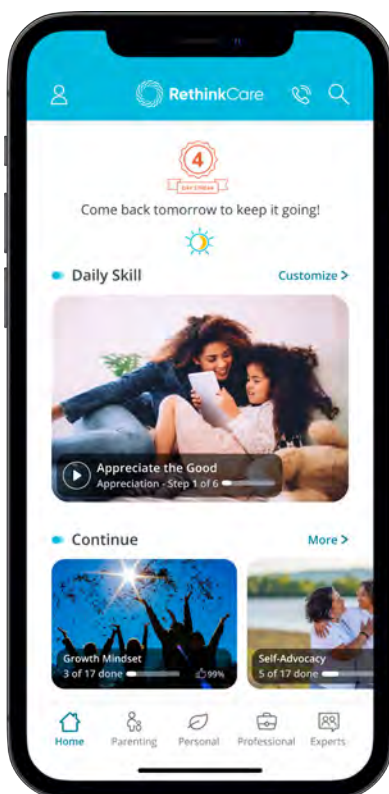


**Collective
Health**

For Employees to Thrive at Work,
They First Need to Thrive at Home.



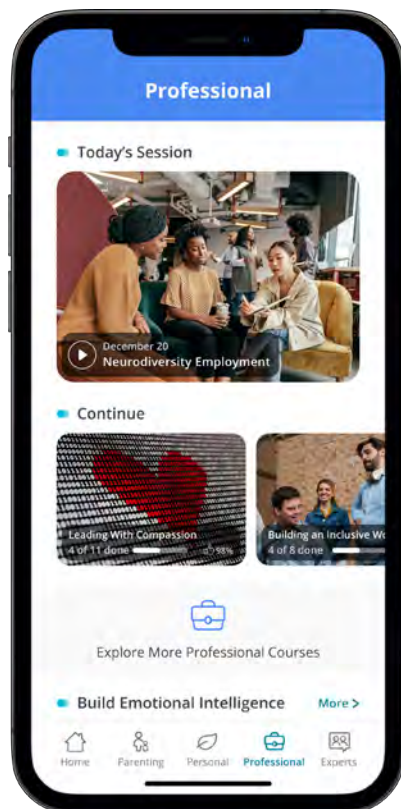
Parental Success, Professional Resilience, and Personal Wellbeing
Solutions for an Engaged and Inclusive Workforce.



- ✓ Evidence-based **behavioral and mental health skills training** for employees' top needs at work and home
- ✓ **Live parenting consultations** with multilingual, on-staff Board Certified Behavior Analysts available worldwide and experienced in supporting children with ADHD, autism, and other developmental disabilities
- ✓ **Industry-leading workplace neurodiversity training** courses and live consultations to reduce stigma and drive performance
- ✓ **325+ digital minicourses** supported by 9,000+ video / audio sessions, tips, articles, and exercises
- ✓ Support for members in **120+ countries** across 11 localized languages

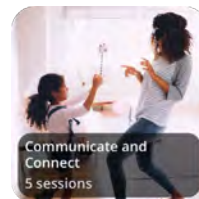
RethinkCare users learn immediate and repeatable skills to become better parents, employees, and versions of themselves.

Integrates Seamlessly Into Your Employee Experience.

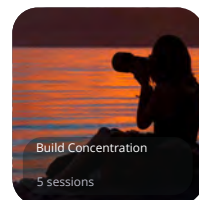


Example courses include:

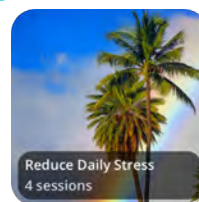
Parental Success



Professional Resilience



Personal Wellbeing



Created with 85+ Leading MDs, PhDs and Certified Experts



Dan Siegel, PhD
Psychologist & Author
Cultivate a Healthy Mind



Mona Potter, MD
Medical Director
Adolescent Mental Health



Jeffrey Durmer, MD, PhD
CMO, Nox Health
Sleep



Michelle Maldonado, JD
Trainer, Search Inside Yourself
Emotional Intelligence



Anil Dindigal
VP, Salesforce
Sales



Rudy Wolf
Director of Safety, PG&E
Safety



Tara Cousineau, PhD
Chief Science Advisor, Whil
Women in Leadership & STEM



Rick Hanson, PhD
Psychologist & Author
Positive Neuroplasticity








To learn more about our Parental Success, Professional Resilience, and Personal Wellbeing solutions, visit rethinkcare.com.

Choose 1, 2, or all 3 of our solutions to match your employee's needs and benefits strategy.








Parental Success (including content for children with developmental disabilities)

 Mental Health - Parenting Skills	 Practice Mindfulness With Your Child
 Boost Your Child's Executive Functioning NEW	 Build Daily Living Skills
 Increase Awareness of Self & Others	 Develop Communication Skills
 Practice Self Care	 Develop Motor Skills
 Manage Emotions	 Foster Play and Leisure
 Develop Social Awareness	 Prepare for School
 Improve Social Skills	 Grow Social and Emotional Awareness

Professional Resilience

 Support Neurodiversity NEW
 Authors and Certifications Series
 Build Emotional Intelligence
 Improve Relationships
 Develop a Growth Mindset
 Manage Career Stress
 Boost Physical Health

Personal Wellbeing

 Learn to Meditate
 Reduce Stress & Anxiety
 Be Happier
 Take One-Minute Breaks
 Practice Yoga
 Sleep Better
 Improve Your Mental Health

Resilience with Results

With a post-consultation **Net Promoter Score of 88**, our award-winning solutions address the root causes of your workforce's biggest stressors.



3 Solutions
on 1 unified platform



Live Access
to parenting and
neurodiversity experts



9,000+
audio & video sessions

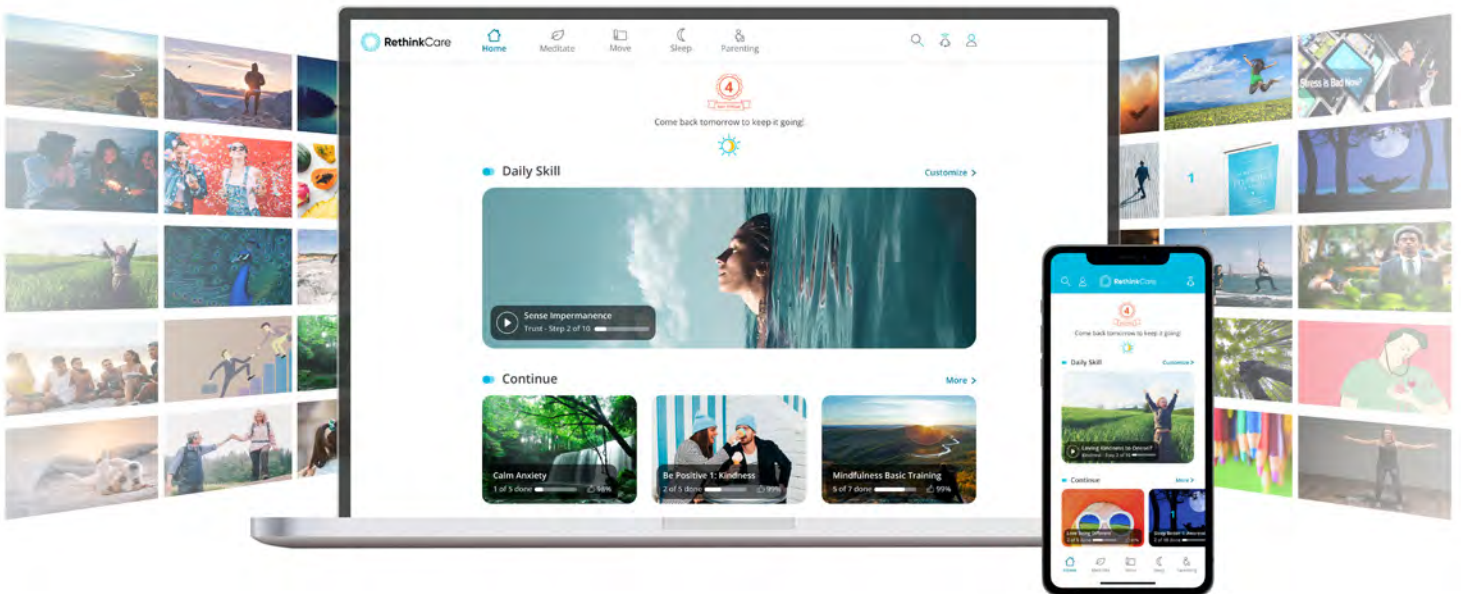


Support
for the parent, child & family



Global Access
in 11 languages

The Leader in Parental, Professional, and Personal Support



“



“I was struggling to help my son adjust to a new school environment. **Rethink empowered me with a new approach** to my son's issue.”

- Bridget, RethinkCare participant

Learn more at rethinkcare.com