

LifeSpeak, a Total Wellness Solution for Your Organization



OVERVIEW

LifeSpeak Inc. is reimagining organizational wellbeing. We provide the only total wellbeing product suite for employers and other organizations that leads with digital education and supports with human connection.

Our solutions allow employers and other organizations to provide best-in-class content and expertise to their employees that scale, meeting each individual wherever they are on their personal wellbeing journeys. LifeSpeak Inc. provides in-depth expertise across mental health, wellness, physical fitness, substance use, and family caregiving, reaching tens of millions of individuals and their family members world-wide.

Learn about our individual, wellbeing products

◆ LifeSpeak

Mental Health & Resilience



MENTAL HEALTH & RESILIENCE EDUCATION

2,500+ micro-learning videos across a wide variety of mental health and wellbeing topics, including depression and anxiety, parenting, relationships, financial health, and more

Multi-language content delivered by 300+ experts, including doctors, psychotherapists, authors, professors, and more

Ask the Expert monthly live web chats offer real-time, anonymous access to experts

Expert blog series features tips, advice and thought leadership from leading experts in health, work and wellbeing

Customized experience and support for clients that target specific mental health and wellbeing topics

◆ ALAViDA

Substance Use



SUBSTANCE USE SUPPORT

iCBT platform connects members to a personal care team and on-demand substance use resources

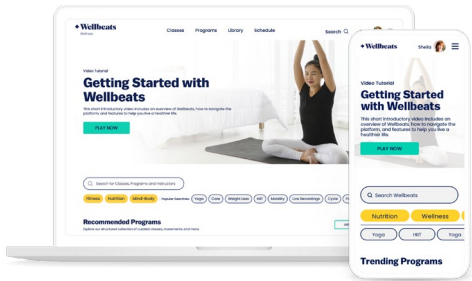
Connected model of virtual care for all substances and challenges - from mild, to moderate and severe

Confidential and personalized therapeutic services for early intervention and to minimize time out of the workplace in critical cases

Engagement reporting and aggregate data that helps identify and manage risks associated with substance use

◆ Wellbeats

Wellness



VIRTUAL FITNESS, NUTRITION AND MINDFULNESS

1,400+ classes in over 36 categories for all ages, abilities, and interests

Goal-based programs keep members motivated and on track

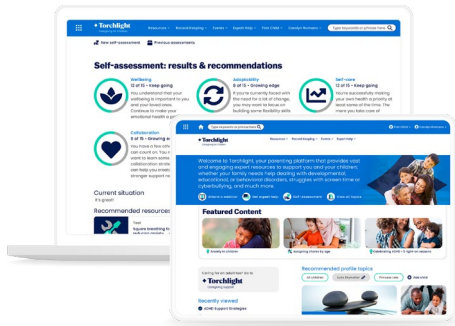
Social community features enable members to invite friends to scheduled classes and participate together

Recommendation engine provides a personalized experience based on wellbeing goals and interests

Highly certified, diverse, and relatable instructors provide safe, family-friendly coaching for users of all levels

◆ Torchlight

Parenting & Caregiving



PARENTING & CAREGIVER SUPPORT

Depth and breadth of content matches the individualized learning preferences of caregivers, including webinars, podcasts, and guides

Ask-the-Expert forum is a curated Q&A knowledge base with customized answers to some of the most complex caregiver concerns

Expert advising sessions offer 1:1 interactive consultations with a Torchlight Parenting or Caregiving expert, carefully matched to address specific issues and concerns

Reporting & analytics include a self-assessment that tracks caregiver effectiveness, wellbeing, self-care, collaboration, and adaptability over time, as well as workforce insights on top caregiver concerns and diagnoses of loved ones

Learn more at: sales@lifespeak.com