

Amy's Roadmap to Wellness

Starling Focus

helps employees on disability return to work with the resilience to succeed



Meet Amy, a 32-year-old professional who had to go on disability due to a steep decline in her mental health. Amy was always an outstanding employee but unexpected life events changed this.

Recognizing that you aren't well enough to work is scary...

Amy was in shock. She felt defeated and ashamed. Coupled with support from her therapist, Amy needed something to focus on daily. Something like a **fitness coach** that would help her create realistic goals, keep her motivated, and on track to return to work with new skills to succeed.

How Starling helped Amy return to work...



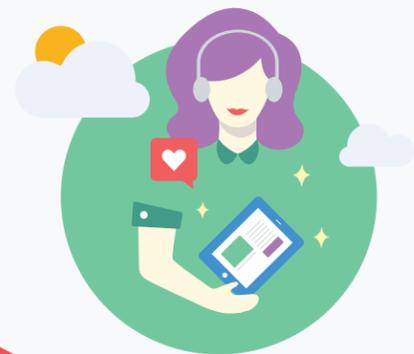
DAY 1

Amy feels empowered knowing that she's enrolled in a program that has helped others return to work.



DAY 14

Amy is feeling more confident. She can now identify and balance the triggers that cause her anxiety to increase.



DAY 28

Amy uses CBT strategies to manage her moods. She has greater self-awareness & feels ready to return to work!

Amy's disability case manager recommends Starling Minds so that over the course of a month, Amy has something positive to focus on for at least 30-minutes a day from the comfort of her home. Amy immediately feels she can be more proactive to get her life back. Starling's online evidence-based program includes:

- Guidance for developing a personalized return-to-work plan
- Interactive videos that teach evidence-based strategies for building mental resilience
- Case study examples that show how others have returned to work using Cognitive Behavioral Therapy
- Assessments and metrics for members to reflect on when evaluating their own progress
- Optional interaction with a community of people on leave to understand that they are not alone
- A toolbox with scientifically-proven strategies to resort to when immediate support is needed

To **request a demo**, or to learn more about Starling Mind's 28-Day return-to-work program, visit www.starlingminds.com