

Amy's Roadmap to Wellness

Starling Return-to-Health

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...



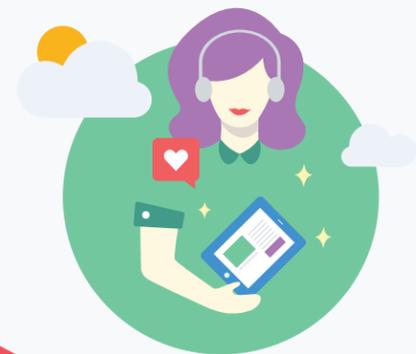
DAY 1

Amy begins to build self-awareness to understand why her mental health has declined.



DAY 14

Amy is feeling more confident. She can now identify and balance triggers that cause anxiety, sadness and worry to increase.



DAY 28

Amy can effectively use CBT strategies to manage her moods. She feels ready to return-to-work!

Amy's disability case manager recommends Starling Minds so that over the course of a month, she 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 about get her life on track. Starling's digital Cognitive Behavioral Therapy (CBT) 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